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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

Reserve

CLOTHING ECONOMIES

In times of economic emergency such as the present, clothing economy means converting all the usable fabrics on hand into suitable garments and planning any spending for new clothing so wisely that every dollar buys a dollar's worth of value. Under these circumstances, clothing requirements must be based on the minimum needed to protect the body and maintain health and morale. Clean, attractive clothes help greatly in keeping up confidence. No one, least of all the person seeking a job, can afford to disregard appearance.

Recognizing all these facts, the State extension services and the American Red Cross, as well as numerous local agencies, are assisting families with their clothing difficulties. The "clothing clinics" conducted by many extension leaders are proving very helpful. The women bring some of the garments they plan to remodel to these meetings. The group discusses each article and, under the guidance of the leader, offers suggestions for cleaning, renovating, or remodeling it. Even if no leader is available, many women could help each other in this way. Perhaps a neighbor, trained in home economics can give the benefit of her knowledge and experience in sewing.

SPENDING PLANS

The following table presents suggested clothing allowances for individuals at three different levels of expenditure. They summarize low cost and moderate cost budgets prepared in 1931-32 by a committee of clothing specialists of the Extension Service in the Eastern States. The low cost allowances total about \$150 and the moderate cost allowances about \$250 a year for a family of five. At the end of 1933, emergency budgets costing about \$100 a year for a family of five were adapted from the earlier ones. It is assumed that the garments of the older members of the family will be handed down and made over for the younger members. The expenditures planned for the emergency budgets must be largely supplemented by remodeled clothing.

Clothing allowances suggested for individuals at different income levels

Individual	Emergency budgets <sup>1/</sup>	Low-	Moderate-
		cost budgets <sup>2/</sup>	cost budgets <sup>2/</sup>
	Dollars	Dollars	Dollars
Mother .....	24.00	32.00	58.00
Girl 15-18 years .....	32.00	40.00	64.00
" 12-14 " .....	22.00	27.00	44.00
" 6-11 " .....	15.00	23.00	36.00
" 1-5 " .....	10.00	19.00	22.00
Father .....	29.00	39.00	51.00
Boy 15-18 years .....	27.00	32.00	58.00
" 12-14 " .....	26.00	30.00	44.00
" 6-11 " .....	20.00	24.00	37.00
" 1-5 " .....	13.00	21.00	25.00

<sup>1/</sup> Adapted from low-cost budgets by Helen Shelby, Extension Specialist in Clothing for Maryland.

<sup>2/</sup> Suggested clothing budgets for farm families prepared by a committee of clothing specialists of the Extension Service in the Eastern States.

The success of these spending plans depends not only upon wise buying and good care of clothing but also upon the skill of the home-maker in sewing and remodeling. There is greater dependence upon home sewing in the budgets for the mother and girls than for the father and boys, and this accounts in part for smaller allowances in most instances for the women and girls. The relatively large allowances for girls and boys of 15 to 18 years old reflects the great interest of young persons at this age in clothing.

It is difficult to suggest a desirable percentage division of expenditures among the main clothing groups, since home sewing and remodeling, as well as the kind, quantity, and quality of clothing selected, influence the distribution of expenditures. In these budgets 25 to 55 per cent of the total expenditures is allowed for outer garments, 25 to 40 per cent for footwear, 10 to 20 per cent for undergarments, 2 to 7 per cent for headwear, and 3 to 10 per cent for accessories.

#### WHEN BUYING FABRICS

These days most homemakers are trying to buy fabrics that will wear well. Look first at the construction of the fabric. The simpler it is, the more durable the fabric is likely to be. Novelties in weaves, in kinds and sizes of yarns, and in combinations of different fibers are usually poor buys. A plain over-and-under-each-yarn kind of fabric, with yarns of equal size, both ways, is called a balanced cloth. Durable fabrics vary as little as possible from this



construction. If the yarns one way are heavier than those the other way, the fine yarns may break soon. Uneven yarns also break readily. Heavy places in yarns and heavy cords wear through the finer yarns quickly.

The yarns of a strong, well-made fabric are not easily drawn out of place. Pull the material between your hands and note the strength and the slippage of the yarns. Sleazy fabrics pull at the seams and are not durable. Yarns that are not firmly fastened in the fabric or "float" across a number of yarns will catch and pull out easily. "Pick" at the yarns, pull them gently, and see how well they are fastened.

Some fabrics are on bargain counters because they are "seconds." That means they are not perfect. Their flaws may be small or large, important or unimportant. A "second" offered at a lower price is worth buying if its flaws do not decrease the value of the fabric for the particular use the purchaser intends to make of it. But examine bargains carefully with this in mind and be sure before you buy.

#### COTTONS

Remember that cottons must be washed. If they will not wash satisfactorily, they are not worth buying. Fabrics with fast colors cost very little, if any, more than those that fade. Look for a color-fast guarantee on the fabric you are purchasing. If it does not have such a label, take home a sample and test it. Loosely woven fabrics or those with loosely twisted yarns often shrink badly. Many cotton fabrics that have been preshrunk are now available both in the piece and in ready-made garments. A fabric with yarns that are crooked and look as though they had been badly pulled out of place when the fabric was finished may have been over-stretched. If so, the fabric will spring back to its original smaller size when washed. Cottons that have been excessively starched or "filled" will be sleazy and disappointing after even the first washing.

#### WOOL FABRICS

Buy wool for warmth. Heavy, board-like wool fabrics are not so warm as light weight, porous ones. A knitted garment covered by a tightly woven one which will act as a wind-break is a warm combination. Fine, soft wool fibers make more attractive fabrics and cost more, but they do not wear so well as the coarser, more sturdy ones. Rough textures of mingled colors wear well but too fuzzy fabrics pick up dirt and lint.

Cotton is combined with wool in many fabrics to decrease cost. It adds strength when inexpensive short wool fibers are used. If wool and cotton are not well mixed either in the yarn or in the

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construction of the fabric, they shrink differently. For example, it is better to have an all-cotton warp and wool filling than a wool filling with an occasional cotton stripe or a cotton border which will shrink unevenly and leave a puckered fabric. Wool and cotton mixtures do not tailor so well as all wool fabrics, but they are warmer than the all-cotton and stronger than a very poor grade of wool fabric. Avoid fabrics with short fibers which pull out easily from the fabric.

### SILKS

Good silk fabrics cannot be made at little cost. Cheap ones usually are sleazy or excessively weighted so that they will not last long. Test for excess metallic weighting by burning a sample. A large amount of ash shaped like the original fabric or yarn will remain if the sample is heavily weighted silk. Also such fabrics often have a harsh metallic feel. They split and tear easily after awhile. Excessively weighted silk decreases in strength even if merely stored. If silk is offered at a bargain, tear a little place at the edge. It may be weighted so much that it has tendered since it was first put on the shelf; hence the low cost. That bargain is not a bargain. Spun silk, made by spinning short pieces of silk fiber into a yarn, is used particularly in wash silks. Such fabrics cost less money and usually wear well.

### RAYONS

Harsh, stiff rayons are not so satisfactory as the soft, pliable fabrics. Many soft rayons do not wrinkle and are very useful and inexpensive. Avoid those with fibers which break off and pull out readily. Rayons, especially cheap knitted fabrics made of these fibers, are sometimes heavily weighted with substances which are removed by the first washing, leaving a flimsy, unsatisfactory fabric. Some rayons are very weak when wet and must be washed with great care.

### WHEN BUYING READY-TO-WEAR CLOTHING

Clothing made of durable material may cost more but will wear better and be more economical in the long run. Look at the quality of all the fabrics in the garment you are buying. Notice the width of seams, the stitching, and reinforcements at the places of hard wear. These details show good or bad workmanship. They count as much as style and becomingness toward making the purchase satisfactory. If the garment is made at home, sometimes more durable material and better workmanship can be obtained even if the money cost is the same or a very little less.

Clothing should be fitted so it is comfortable when the wearer is walking and sitting, as well as standing. It must be large enough so it will not be subjected to undue strains at the seams. Watch for skim cutting in bargain counter garments. A simple becoming design, well fitted, will not look out of date as soon as will



a more involved and elaborate one. Cheap, conspicuous trimmings soon look tawdry. Light colored and fragile ones add to the cleaning difficulties and cost of the garment.

#### WHEN RENOVATING OR REMODELING CLOTHING

##### EXAMINE CLOTHING ON HAND

Check over the clothing you have and make your plans carefully. Consider the clothing needs of the whole family, as adult clothing can oftentimes be reworked to better advantage for smaller members than for its original owner. Examine fashion books for ideas and remember when remodeling clothes that it is not merely a matter of selecting styles that fit the various pieces but the made-over garments should be becoming and well suited to the individuals who will wear them. Be sure that a fabric is worth the time and expense of any new materials which may be needed in remodeling. Also at different places in an old garment, pull the material between your hands to see how strong it is. Look for stains which will not come out, as they may influence the style you select.

##### TAKE GARMENTS APART CAREFULLY

If a child's garment is to be cut from an adult's and the pieces will fit easily, save time by cutting apart at seam lines; otherwise rip carefully. On most silks, the best way to do this and not stretch or tear the material is to pull out bits of the stitching first on one side then on the other. On heavy woollens a razor blade or small scissors may be used.

##### REMOVE SPOTS AND CLEAN THOROUGHLY

Farmers' Bulletin 1474, "Stain removal from fabrics, home methods," and Farmers' Bulletin 1497, "Methods and equipment for home laundering," give directions for removing stains and washing all kinds of fabrics. When cleaning cottons and linens, first remove all stains that will not come out in laundering; then wash in mild suds. It is best to shake and brush silks and woollens first. Use a soft cloth for silks, a brush for woollens. Remove stains; then clean. Some silk and wool materials can be satisfactorily washed, but test a sample first. Wash gently and quickly in lukewarm suds. Rinse in clear warm water two or three times, then wring between Turkish towels. This hastens drying so that colors are not likely to run. When slightly damp, press on the wrong side with a warm iron.

Send to a commercial dry cleaning establishment the silks and wools that do not wash satisfactorily. Home dry cleaning is dangerous unless a non-inflammable and non-explosive cleaning fluid such as carbon tetrachloride is used. Gasoline, benzine, or cleaners' naphtha are highly explosive and inflammable. A person who uses them at home takes great risks.

## SLIGHT CHANGES BRING GARMENTS UP TO DATE

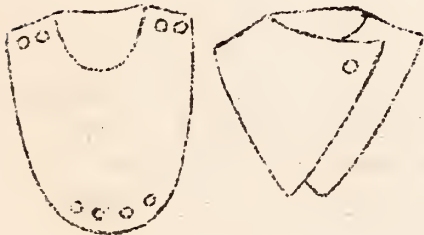
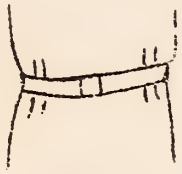
Last year's dresses of good fashion may need few changes. For continued wear it may be necessary to:

Raise the waistline by changing the belt placement in one-piece dresses; otherwise cut extra length off the waist. Remove excess fullness of one-piece dresses by shaping in at the sides, and using a small group of tucks or a single dart tuck at each side. Avoid an extreme curve at the side seam as it will spoil the fit of a dress and cause the seam to sag.

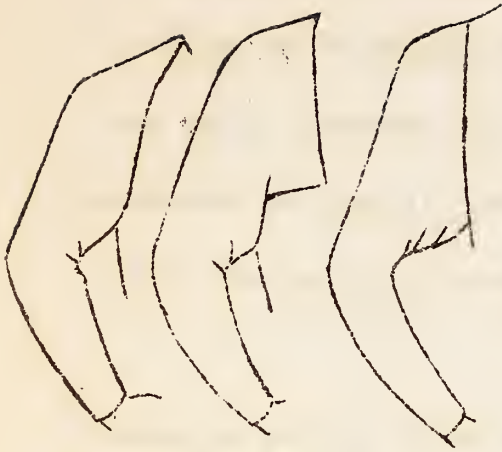
Dresses with waistline seams may be shaped in above the waist by dart tucks and by slanting underarm seams.

New gilets, collars, and cuffs give an up-to-date look to simple tailored frocks. For example, a new cuff may give enough interest so that nothing need be done to the sleeve itself. A variety of accessories to wear with a few frocks give the impression of an extensive wardrobe. A single dress which can be changed about is a good fashion for 1933.

With the new styles of sleeves, dresses worn at the elbows or on the lower underarm are easily repaired. Left-over or contrasting materials may be used for the lower part of the sleeve.



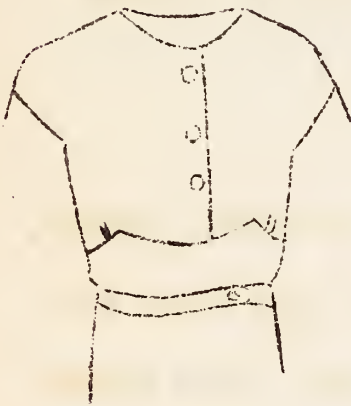




If dresses are worn under the arm or pulled across the back, the sleeves may be removed and the armhole recut for one of the new dolman, raglan, or square underarm sleeves. If material like the dress is not available, select one in pleasing contrast. Separate sleeve patterns are now available from practically all commercial pattern companies. Choose one which best suits the needed repair and the general style of the dress.



If guimpe dresses are becoming, cut out the armholes and neckline and bind or face the edges. The contrasting blouse may be of sheer cotton or silk made from left-overs or good parts of worn garments. Sleeves and the neck finish are often the most important parts of a guimpe so the waist itself can be pieced without showing.

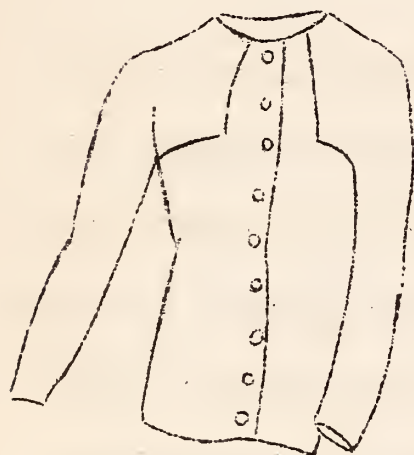
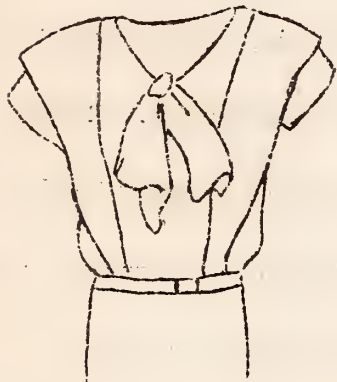


Dresses worn out across the back may have the entire upper blouse replaced with one of contrasting or self material.

#### WHEN DRESSES NEED LENGTHENING



If a dress has no hem to let down and if width permits, the skirt may be lowered and set on to a yoke of self material, using left-over pieces or perhaps a matching jacket. On youthful, slender figures, a girdle effect in contrast may be set in at the waistline.



A one-piece dress with good width may be lowered and a new upper blouse or peleriné of self or contrasting material added. If the garment is an ensemble with a straight line jacket, it may be shortened or made over as one of the new boxed boleros of this year.

A tailored frock may be made into a separate skirt, or a skirt with bretelles, and worn with a jacket of new material. Oftentimes, clothing discarded by larger members in a family can be used in this way for smaller ones.

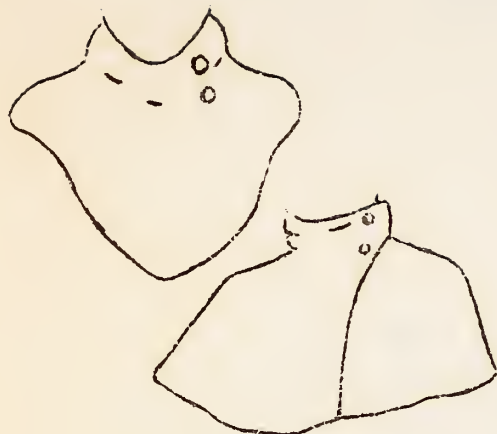
Should the separate skirt require a pieced or supporting yoke, then it may be worn with over-blouses, sweaters, and tunics which are in fashion now.

#### GETTING YOUR MONEY'S WORTH FROM COATS AND SWEATERS



From coat materials that are soft, pliable, and warm, children's out-door winter play suits and matching berets or helmets can be made. (See Bureau of Home Economics design.) Cut anklets and wristlets from good parts of old sweaters or purchase from knitting mills new bands made especially for this purpose, or knit them by hand from wool yarn.

Toboggan caps may also be made from the good parts of sweaters.



HAT ECONOMY



Coat materials of medium weight make good separate skirts or jumpers to wear with sweaters and blouses.

A spring or fall coat will serve for winter as well with the addition of an interlining and one of the new fur fabric neck pieces.

Attractive hats to match the made-over coats are especially good for school girls and they can often be cut with good planning from scraps of material. Most commercial companies now have patterns for making these hats.

#### CHILDREN'S CLOTHES FROM COTTON BAGGING



1. Blue and white cotton salt bags are appropriate for small boys' suits. (See Bureau of Home Economics design.)

2. Sugar sacks in soft, fine quality, 100-pound size, may be used in rompers for creeping babies and slips for infants. (See Bureau of Home Economics designs.)

3. The good parts of worn blankets are satisfactory for infants' sleeping bags. (See Bureau of Home Economics design.)



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Recognizing all these facts, the State extension services and the American Red Cross, as well as numerous local agencies, are assisting families with their clothing difficulties. The "clothing clinics" conducted by many extension leaders are proving very helpful. The women bring some of the garments they plan to remodel to these meetings. The group discusses each article and, under the guidance of the leader, offers suggestions for cleaning, renovating, or remodeling it. Even if no leader is available, many women could help each other in this way. Perhaps a neighbor, trained in home economics can give the benefit of her knowledge and experience in sewing.

EMERGENCY BUDGETS

To meet the economic emergency, clothing specialists of the Extension Service have prepared the following clothing budgets. They are based on records of what farm families have spent on clothing during the recent lean years. They are not ideal clothing budgets in any sense. They simply serve to show how a little money may be divided to take care of the most important clothing needs of different members of the family.

The success of these spending plans depends not only upon the wise buying and good care of clothing but also upon the skill of the homemaker in sewing and remodeling. It is assumed that the garments of the older members of the family will be handed down and made over for the younger members. Because women's garments can be made more satisfactorily at home, the allowances for the women of the family run generally lower than those for the men. The larger amounts for girls and boys of 15 to 18 years old reflect the interest of young persons at this age in clothing.

Individual	Emergency budgets <sup>1/</sup>	Low- cost budgets <sup>2/</sup>	Moderate- cost budgets <sup>2/</sup>
	Dollars	Dollars	Dollars
Mother .....	24	32	58
Girl 15 to 18 years .....	32	40	64
" 12 to 14 " .....	22	27	44
" 6 to 11 " .....	15	23	36
" 1 to 5 " .....	10	19	22
Father .....	29	39	51
Boy 15 to 18 years .....	27	32	58
" 12 to 14 " .....	26	30	44
" 6 to 11 " .....	20	24	37
" 1 to 5 " .....	13	21	25

<sup>1/</sup> Revision of suggested clothing budgets for farm families by Helen Shelby, Extension Specialist in Clothing for Maryland. 1932.

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It is difficult to suggest a desirable percentage division of expenditures among the main clothing groups, since home sewing and remodeling, as well as the kind, quantity, and quality of clothing selected, influence the distribution of expenditures. In these budgets 25 to 55 percent of the total expenditures is allowed for outer garments, 25 to 40 percent for footwear, 10 to 20 percent for undergarments, 2 to 7 percent for headwear, and 3 to 10 percent for accessories.

#### WHEN BUYING FABRICS

These days most home makers are trying to buy fabrics that will wear well. Look first at the construction of the fabric. The simpler it is, the more durable the fabric is likely to be. Novelties in weaves, in kinds and sizes of yarns, and in combinations of different fibers are usually poor buys. A plain over-and-under-each-yarn kind of fabric with yarns of equal size, both ways, is called a balanced cloth. Durable fabrics vary as little as possible from this construction. If the yarns one way are heavier than those the other way, the fine yarns may break soon. Uneven yarns also break readily. Heavy places in yarns and heavy cords wear through the finer yarns quickly.

The yarns of a strong, well-made fabric are not easily drawn out of place. Pull the material between your hands and note the strength and the slippage of the yarns. Sleazy fabrics will pull at the seams and are not durable. Yarns that are not firmly fastened in the fabric or "float" across a number of yarns will catch and pull out easily. "Pick" at the yarns, pull them gently, and see how well they are fastened.



Some fabrics are on bargain counters because they are "seconds." That means they are not perfect. Their flaws may be small or large, important or unimportant. A "second" offered at a lower price is worth buying if its flaws do not decrease the value of the fabric for the particular use the purchaser intends to make of it. But examine bargains carefully with this in mind and be sure before you buy.

Labels are placed on fabrics and clothing more now-a-days than ever before. Read these carefully. Sometimes they give facts about the kinds of fiber in the material or its construction. Sometimes they warn that special care must be taken in laundering or cleaning the garment. Look for labels that tell you definite facts about the merchandise. If terms are used which are new to you, inquire their meaning or, better still, borrow a book on textiles from your nearest library and look them up. Do not be carried away by general statements on labels which merely say that the fabric is the best or finest one made. These mean nothing, of course.

## COTTONS

Remember that cottons must be washed. If they will not wash satisfactorily, they are not worth buying. Fabrics with fast colors cost very little, if any, more than those that fade. Look for a color-fast guarantee on the fabric you are purchasing. If it does not have such a label, take home a sample and test it. Loosely woven fabrics or those with loosely twisted yarns often shrink badly. Many cotton fabrics are now labeled "preshrunk." This only means that they have been subjected to a shrinkage process. They may shrink some more when laundered. However, you can expect less shrinkage from such fabrics than from those not so labeled.

Avoid fabrics with yarns that are crooked and look as though they had been badly pulled out of place when the fabric was finished. They may have been overstretched. If so, the cloth will spring back to its original smaller size when washed. Cottons that have been excessively starched or "filled" will be sleazy and disappointing after even the first washing.

## WOOL FABRICS

Buy wool for warmth. Heavy, board-like wool fabrics are not so warm as light weight, porous ones. A knitted garment covered by a tightly woven one which will act as a wind-break is a warm combination. Fine, soft wool fibers make more attractive fabrics and cost more, but they do not wear so well as the coarser, more sturdy ones. Rough textures of mingled colors wear well but too fuzzy fabrics pick up dirt and lint.

Cotton is combined with wool in many fabrics to decrease cost. It adds strength when inexpensive wool fibers are used. Wool and cotton mixtures do not tailor so well as all wool fabrics, but they are warmer than the all-cotton and stronger than a very poor grade of wool fabric.

Remember that wool and cotton shrink differently when wet. If they are not well mixed either in the yarn or in the construction of the fabric, this unequal shrinkage will draw the cloth out of shape when it is laundered or wet by the rain. It is better to have an all-cotton warp and

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all-wool filling than a fabric of either of these fibers with a border or occasional stripe of the other. Some good cotton and wool mixtures have yarns made with cotton centers or "cores" covered with wool. Or the wool and cotton fibers may be mixed together before the yarn is spun. Or ply yarns may be used which are made of strands of wool twisted with strands of cotton.

When buying wool and cotton mixtures, be sure to know how much wool is in the fabric. You do not want to pay a wool price for a cloth almost entirely cotton. Trade agreements in some industries (for example, underwear and blankets) require that the percent of wool be labeled on the article. Look for such labels. Most authorities agree that at least 25 percent of the fiber in a wool and cotton mixture should be wool or it will have none of the qualities of a wool fabric.

Many wool fabrics are made with a nap or a pile. A pile fabric has extra yarns standing up from the foundation cloth so that the surface of the fabric is really made up of the ends of these yarns. They must be close together and very firm and strong, because they receive the surface wear given the fabric. They must also be well fastened into the foundation of the cloth. In judging such a fabric, bend it until you can see how close the pile is. Rub the surface so as to get an idea of how firm and durable it will be. See if the pile yarns pull out easily from the fabric.

Napped materials, on the other hand, are made by weaving extra, loosely woven yarns into a fabric and then brushing it until the fiber is pulled up from the yarns to form the nap. The fabric must have plenty of fiber in it or this brushing will weaken the foundation so that it will easily come apart. If the fibers are not long and well twisted into the fabric, the nap will wear off quickly, leaving bare spaces. When buying such a fabric hold it between yourself and the light and notice if the yarns are close together and the fabric firm or if it looks sleazy and loosely woven. Rub the fabric with your fingers. If the nap comes off readily as lint, the material is not a good buy.

## SILKS

Good silk fabrics cannot be made at little cost. Unless they are made of spun silk, cheap ones usually are sleazy or excessively weighted so that they will not last long. Sometimes silk is labeled "Pure dye." This originally meant that the silk was dyed "pure," that is, without weighting. A recent trade practice agreement approved by the Federal Trade Commission forbids the use of this term if the silk contains more than 10 per cent of weighting, or in the case of black silk, of more than 15 per cent.

It is best to test silk by burning a sample. As pure silk burns it gives off the strong odor of burning feathers and leaves only a small amount of ball-shaped ash. If silk is heavily weighted, the ash that remains will have almost the same shape as the original sample. In other words the small amount of silk there is burns away leaving the metallic substances used to make the fabric heavy. Sometimes weighted silk feels harsh and metallic as you handle it. Such fabrics also split and tear easily after a while. An excessively weighted silk garment will even lose strength as it hangs in the closet or lies in the bureau drawer.

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## REDYE WHEN NECESSARY

You can often freshen faded and dull clothes and make them wearable again by redyeing them. Decide on the very best color to use, buy the right kind of dye for the kind of fiber in the garment, and follow carefully the directions on the dye package.

It is usually easier to dye a fabric a deeper shade of the original color than to change the color. However, dark colors will successfully cover most dyes already on the fabric. In selecting the dye remember that such dyes are intended for cotton only, others just for silk or wool and only those spoken of as "all-fabric" dyes can be used for all fibers. Some dyes are used for tinting and not for dyeing. They can be used quickly, but the color is not permanent and retinting must be done often. Much of the success in dyeing depends on having plenty of water to cover the fabric, on constantly stirring and turning it in the dye bath, and on thoroughly rinsing it in large quantities of water.

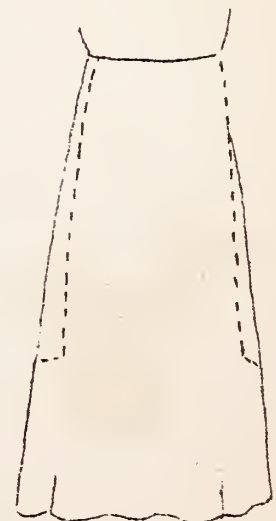
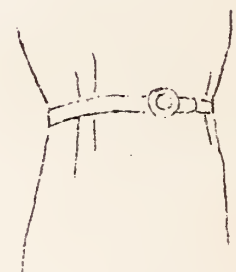
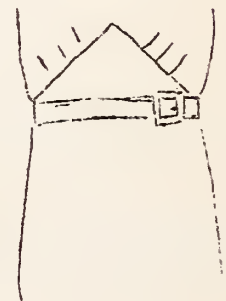
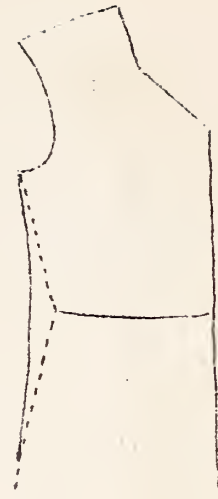
## SLIGHT CHANGES TO BRING GARMENTS UP TO DATE

If you have a dress with a loose waistline that seems to drop down on your hips and wrinkle too much under your belt, you can nip it in by reshaping the side seams of both waist and skirt. Sometimes this calls for extra darts at the bust line, but your mirror can decide whether these are needed or not.

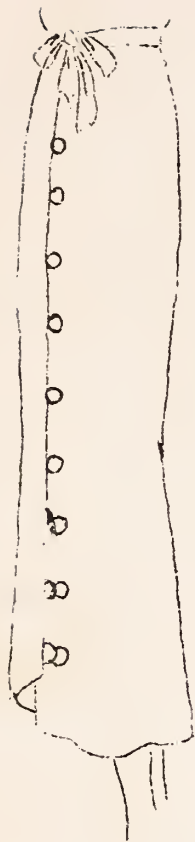
If you don't like to disturb your side seams, then small darts or tucks under the bust may take out enough of the waistline fullness to make it look right. Most skirts need these side seams reshaped a bit this year to give the straight closeness that is fashionable.

One-piece dresses are somewhat easier to bring up-to-date. If not close enough fitting, rip open the side seams between the hipline to just below the armscye, then fit in as much as possible. But be careful when doing this, for a one-piece dress tends to roll up just below the back waistline if too closely pulled in at the sides. An interesting pleat, dart, or group of tucks at each side of the back and front are other ways of shaping in your one-piece dresses.

Practically all skirts are more narrow this year than last. You may need to take yours in at the sides after studying fashion books and looking at dresses in shops to get an idea of the right amount to take off. Low side pleats are very good now, and they can be worked in by simply folding inside the extra fullness at the bottom of the skirt. Bar the pleats at the top for support.



Another way to change an old skirt that is joined to the waist is to open the left side seam and face both edges. Then lap the front over on the back and fasten all the way down with buttons and loops or buttonholes. The seam on the right side may have to be straightened to keep a slender effect on both sides.

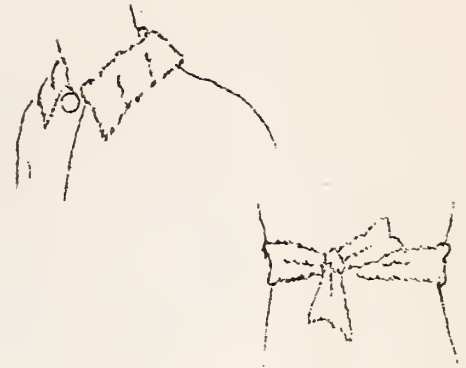


A plain dress of tailored silk or wool can look different every day if you wish. There are many new types of neckwear, interesting buttons, and belts. Taffetas, satins, and ribbed fabrics in either plain, plaid, or metalshot are fashionable materials this year and in collars, jabots, and vests they freshen dresses that otherwise may seem almost hopeless. Cotton pique, too, fits in with the rib idea and is inexpensive and washable. Linen collars stitched in color, with cuffs to match, are smart on tailored dresses.

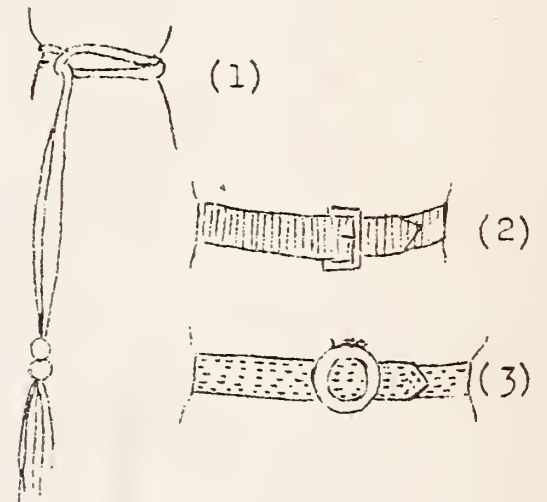
A yoke made of rows of soutache braid sewed to fine net is a good way of filling in a too low neckline; or bias strips of the dress material may be fagotted together and cuffs made to match.



If you have any pieces of flat fur bring them out. Collars, cuffs, bows, and belts of fur are being used on some of the smartest dresses this year.

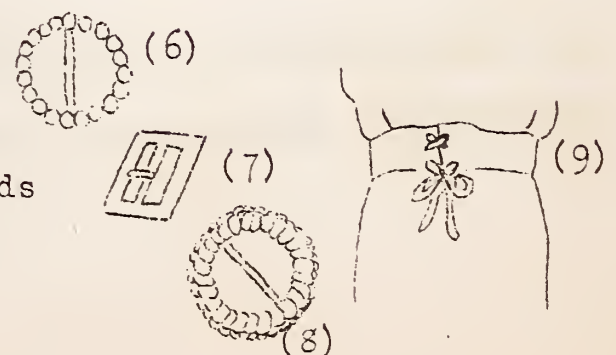
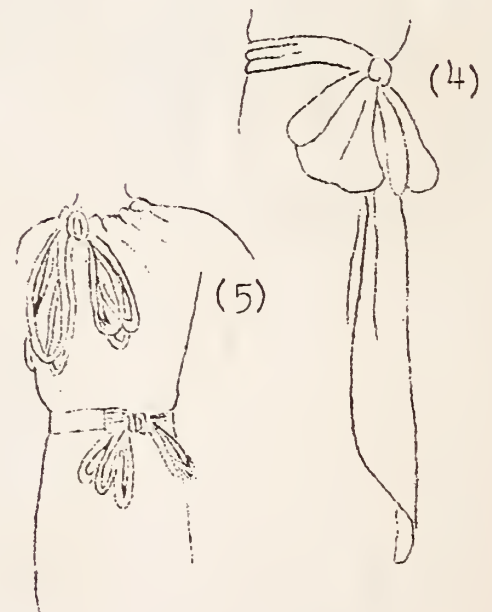


New materials are going into belts. Silk and cotton cording that look much like your old cushion ropes are being used effectively (1). Grosgrain ribbon with stiffening in between makes a most interesting belt now that ribs are fashionable (2). Smart belts can be made, too, of stitched taffeta, linen, or heavy satin (3). Contrasting sashes of plain or plaid material, knotted or tied at the side or front, are new on daytime dresses (4).



Spaghetti fringe, made of narrow bias tubing, makes a novel finish when sewed to the ends of a fabric belt and tied. It can also be used as a neck trim (5).

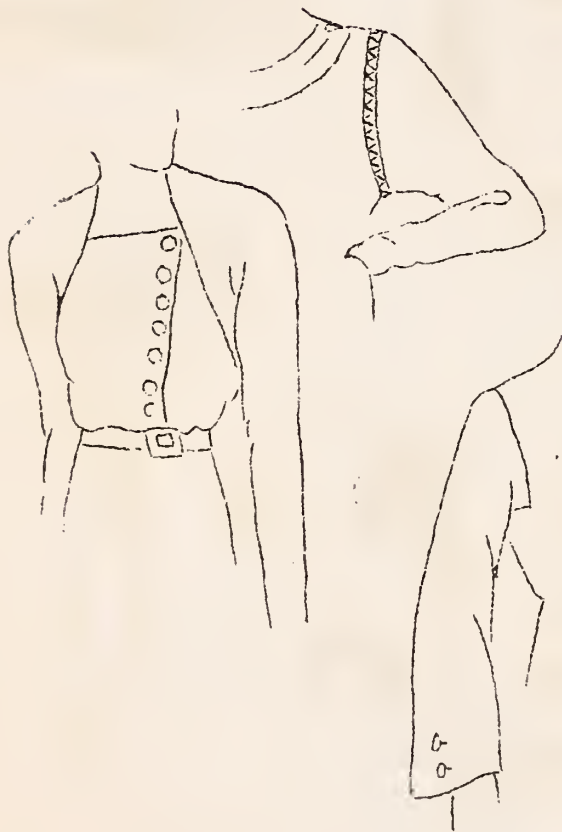
Attractive buckles can easily be made at home. An unusual one shown in (6) is simply a buckle mold covered with a row of buttons, or an old buckle may be covered with the material of your dress (7). Sou-tache braid tightly wrapped or blanket-stitched around an old buckle (8) makes a belt fastening that is very new, especially on dresses with other braid trim.



Bias-covered cord laced through the belt ends (9) and tied is a smart substitute for a buckle.



Sleeves are not so extreme this year as last, but their styles are still interesting enough to provide ways for fashionable make-overs. Worn-out elbows and lower arms can be worked over in ways shown in the illustrations. Cuffs to match neckpieces will hide slight wear about the wrists.



Dresses worn at underarm or pulled across the back may have their sleeves completely replaced with new ones in dolman or raglan style, provided you have enough material left over or can match it. A dull crepe dress can be brought up to date with dolman sleeves of satin fagotted in, and collar made to match. There are, of course, commercial patterns just for sleeves.

#### WHEN DRESSES NEED LENGTHENING

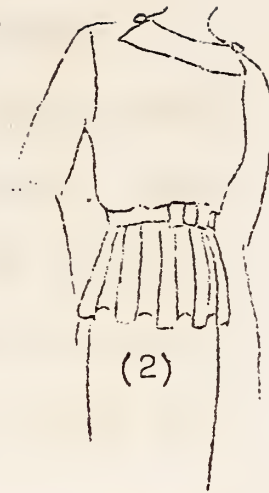
Tunic dresses are life savers for the too-short dresses. Silk tunics can be worn with either silk or wool skirts which may even be make-overs themselves. The tops of these skirts need not be like the lowers that show. You can get them out of a surprisingly small amount of material.

A too-short dress of material suitable for a separate skirt can often be let down by using the waist in a yoke, then wearing the skirt with a new overblouse, a tunic (1), or even a blouse and jacket. Or let the skirt down on a yoke, make a peplum (2) of left-over material, and you have a smart two-piece dress. Another simulated two-piece dress has a blouse front and back of contrasting material, with sleeves, belt, and skirt of the old dress (3).

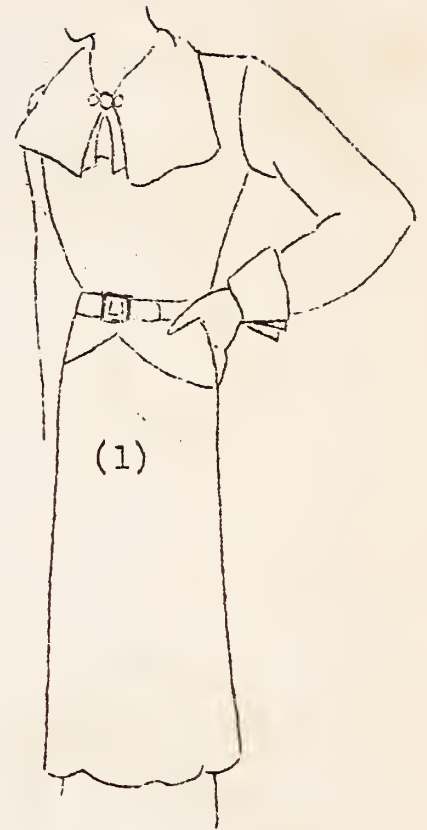
A short dress with kimono sleeves can be lengthened by dropping the waist, and making epaulet sleeves of contrasting material (4).

You can make a dress out of an old straight tunic by putting a pleated flounce of left-over material around the bottom (5). A short dress can be lengthened the same way.

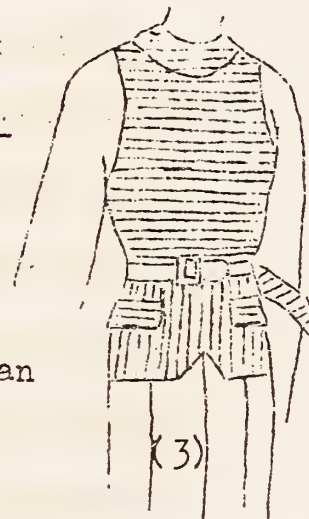
Contrasting material such as satin for a new upper (6) of a too-short dull crepe is a way of renovizing a dressy type of dress.



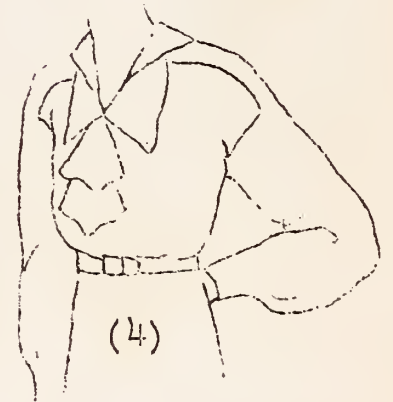
(2)



(1)



(3)



(4)

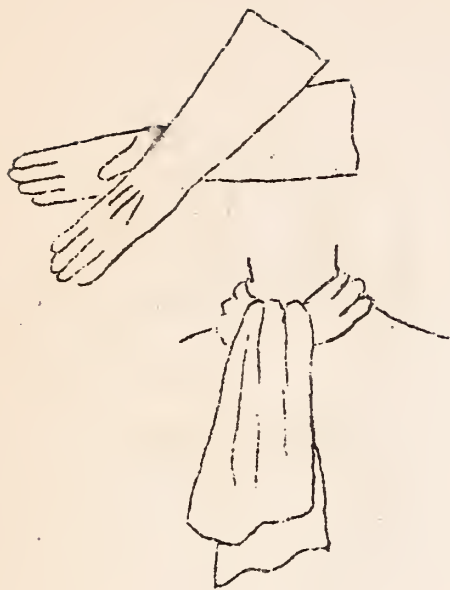


(5)



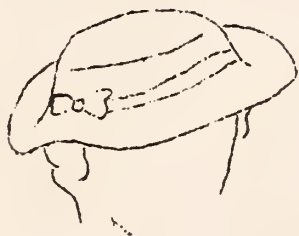
(6)





Gloves to match your silk scarf can now be made at home. There are commercial patterns for them. In case you plan to make accessories such as these, the most economical plan would be to get one of the patterns which has a scarf, hat, and gloves -- all in one.

#### HAT ECONOMY



Fabric hats, and patterns to make them are now to the fore to solve your hat troubles. It's a good idea to always try them out in muslin before cutting into good material. This makes it possible to work in any changes you might like. Both woolens and silks are being used in these hats and of course the trim, if any, is of the simplest type. Bits of cord, oilcloth, and scraps of leather can be arranged to give a very smart effect; and don't overlook buttons, buckles, and pins, either, when going through your box of saved-up findings. Sometimes the most unsuspecting little article will give just the right touch.

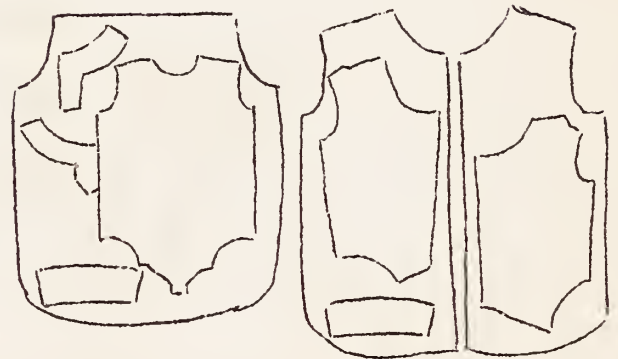
Don't worry about hat linings. Unless the inside of your hat is unsightly or is of a material that needs extra body, just omit the lining and make a band of either grosgrain or bias silk, turned back once and stitched around the upper edge.

## MAKE-OVERS FOR THE CHILDREN

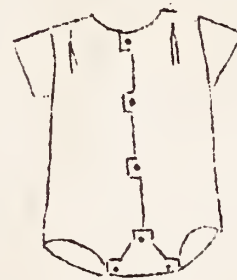
Play suits are excellent uses for worn or out-of-style coats, especially those of winter weight. Old sweaters or bathing suits make good stocking caps as well as anklets and wristlets for the playsuits. But if you would rather get these ready-made they can be bought at little expense from knitting mills.

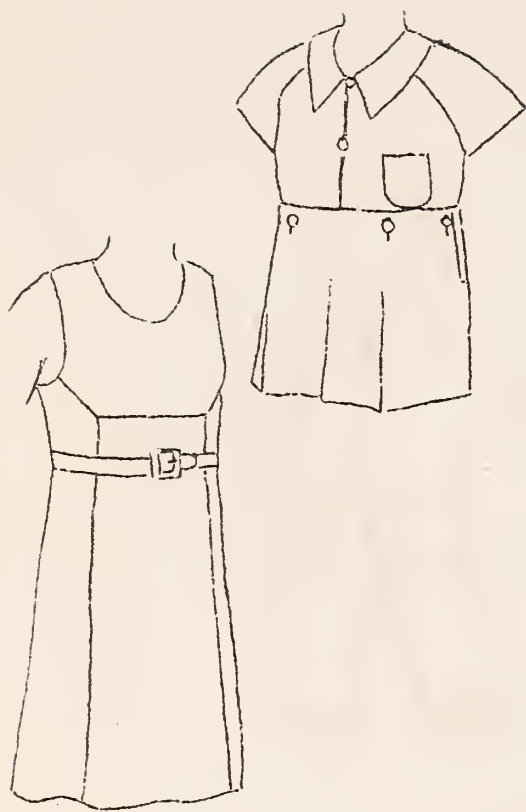


From a man's discarded shirt, you can get a tailored romper for the creeping baby. The button-down-the-front style is best, for no other fits in so well with the cut of a shirt. If none of the buttons have been lost you might as well use them again on the romper.



Look over dresses, skirts, and lightweight coats that you might have thought useless. School girls' jumper dresses, and skirts to wear with sweaters can often be made out of them. In the skirts, which are usually pleated, piecings work in easily.

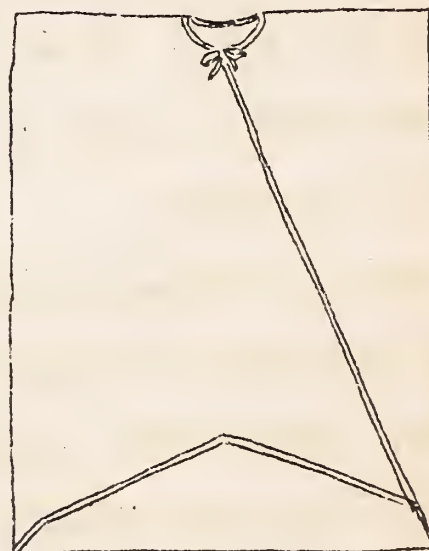
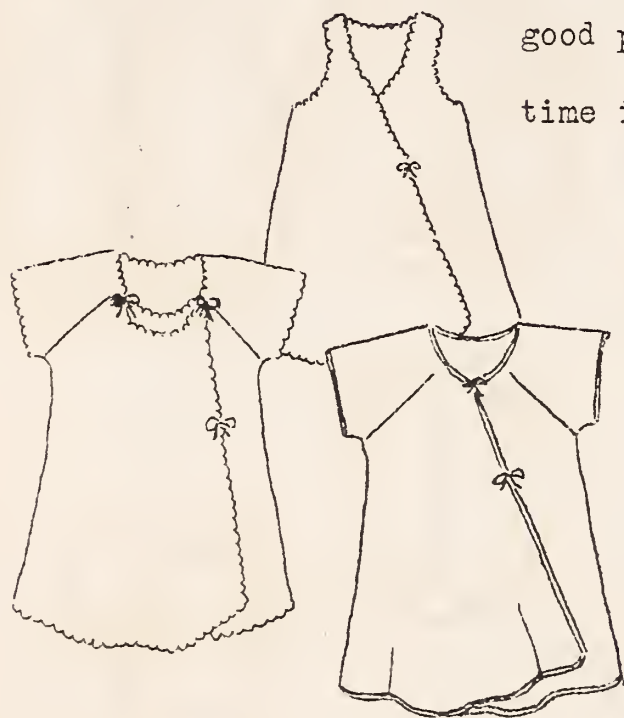




If you have any good looking sacking such as the blue and white crash-like material of salt bags, use it for small boys' suits or for jumper dresses. In either it is surprisingly smart and very practical.

Sugar sacks are good texture for rompers and for some infants' wear. It has to be very soft of course whenever used for tiny babies.

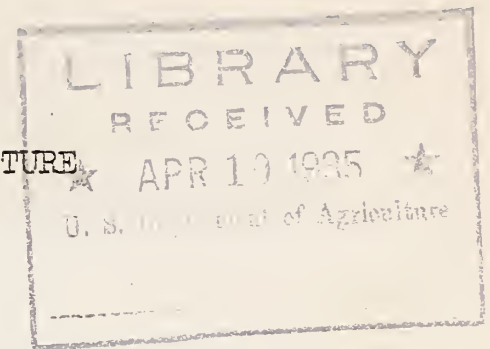
Sleeping bags can be made from the good parts of old blankets, but be sure you pick the good parts. Weak materials are not worth the time it takes to make them over.





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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.



CLOTHING ECONOMIES

(Style suggestions revised March, 1935)

In times of economic emergency such as the present, clothing economy means converting all the useable fabrics on hand into suitable garments and planning any spending for new clothing so wisely that every dollar buys a dollar's worth of value. Under these circumstances, clothing requirements must be based on the minimum needed to protect the body and maintain health and morale. Clean, attractive clothes help greatly in keeping up confidence. No one, least of all the person seeking a job, can afford to disregard appearance.

Recognizing all these facts, the State extension services and the American Red Cross, as well as numerous local agencies, are assisting families with their clothing difficulties. The "clothing clinics" conducted by many extension leaders are proving very helpful. The women bring some of the garments they plan to remodel to these meetings. The group discusses each article and, under the guidance of the leader, offers suggestions for cleaning, renovating, or remodeling it. Even if no leader is available, many women could help each other in this way. Perhaps a neighbor, trained in home economics can give the benefit of her knowledge and experience in sewing.

EMERGENCY BUDGETS

To meet the economic emergency, clothing specialists of the Extension Service have prepared the following clothing budgets. They are based on records of what farm families have spent on clothing during the recent lean years. They are not ideal clothing budgets in any sense. They simply serve to show how a little money may be divided to take care of the most important clothing needs of different members of the family.

The success of these spending plans depends not only upon the wise buying and good care of clothing but also upon the skill of the homemaker in sewing and remodeling. It is assumed that the garments of the older members of the family will be handed down and made over for the younger members. Because women's garments can be made more satisfactorily at home, the allowances for the women of the family run generally lower than those for the men. The larger amounts for girls and boys of 15 to 18 years old reflect the interest of young persons at this age in clothing.

Individual	Emergency budgets <sup>1/</sup>	Low- cost budgets <sup>2/</sup>	Moderate- cost budget <sup>2/</sup>
	Dollars	Dollars	Dollars
Mother .....	24	32	58
Girl 15 to 18 years .....	32	40	64
" 12 to 14 " .....	22	27	44
" 6 to 11 " .....	15	23	36
" 1 to 5 " .....	10	19	22
Father .....	29	39	51
Boy 15 to 18 years .....	27	32	58
" 12 to 14 " .....	26	30	44
" 6 to 11 " .....	20	24	37
" 1 to 5 " .....	13	21	25

<sup>1/</sup> Revision of suggested clothing budgets for farm families by Helen Shelby, Extension Specialist in Clothing for Maryland. 1932.

<sup>2/</sup> Suggested clothing budgets for farm families prepared by a committee of clothing specialists of the Extension Service in the Eastern States. 1932.

It is difficult to suggest a desirable percentage division of expenditures among the main clothing groups, since home sewing and remodeling, as well as the kind, quantity, and quality of clothing selected, influence the distribution of expenditures. In these budgets 25 to 55 percent of the total expenditures is allowed for outer garments, 25 to 40 percent for footwear, 10 to 20 percent for undergarments, 2 to 7 percent for headwear, and 3 to 10 percent for accessories.

#### WHEN BUYING FABRICS

These days most homemakers are trying to buy fabrics that will wear well. Look first at the construction of the fabric. The simpler it is, the more durable the fabric is likely to be. Novelties in weaves, in kinds and sizes of yarns, and in combinations of different fibers are usually poor buys. A plain over-and-under-each-yarn kind of fabric with yarns of equal size, both ways, is called a balanced cloth. Durable fabrics vary as little as possible from this construction. If the yarns one way are heavier than those the other way, the fine yarns may break soon. Uneven yarns also break readily. Heavy places in yarns and heavy cords wear through the finer yarns quickly.

The yarns of a strong, well-made fabric are not easily drawn out of place. Pull the material between your hands and note the strength and the slippage of the yarns. Sleazy fabrics will pull at the seams and are not durable. Yarns that are not firmly fastened in the fabric or "float" across a number of yarns will catch and pull out easily. "Pick" at the yarns, pull them gently, and see how well they are fastened.



Some fabrics are on bargain counters because they are "seconds." That means they are not perfect. Their flaws may be small or large; important or unimportant. A "second" offered at a lower price is worth buying if its flaws do not decrease the value of the fabric for the particular use the purchaser intends to make of it. But examine bargains carefully with this in mind and be sure before you buy.

Labels are placed on fabrics and clothing more now-a-days than ever before. Read these carefully. Sometimes they give facts about the kinds of fiber in the material or its construction. Sometimes they warn that special care must be taken in laundering or cleaning the garment. Look for labels that tell you definite facts about the merchandise. If terms are used which are new to you, inquire their meaning or, better still, borrow a book on textiles from your nearest library and look them up. Do not be carried away by general statements on labels which merely say that the fabric is the best or finest one made. These mean nothing, of course.

### COTTONS

Remember that cottons must be washed. If they will not wash satisfactorily, they are not worth buying. Fabrics with fast colors cost very little, if any, more than those that fade. Look for a color-fast guarantee on the fabric you are purchasing. If it does not have such a label, take home a sample and test it. Loosely woven fabrics or those with loosely twisted yarns often shrink badly. Many cotton fabrics are now labeled "preshrunk." This only means that they have been subjected to a shrinkage process. They may shrink some more when laundered. However, you can expect less shrinkage from such fabrics than from those not so labeled.

Avoid fabrics with yarns that are crooked and look as though they had been badly pulled out of place when the fabric was finished. They may have been overstretched. If so, the cloth will spring back to its original smaller size when washed. Cottons that have been excessively starched or "filled" will be sleazy and disappointing after even the first washing.

### WOOL FABRICS

Buy wool for warmth. Heavy, board-like wool fabrics are not so warm as light weight, porous ones. A knitted garment covered by a tightly woven one which will act as a wind-break is a warm combination. Fine, soft wool fibers make more attractive fabrics and cost more, but they do not wear so well as the coarser, more sturdy ones. Rough textures of mingled colors wear well but too fuzzy fabrics pick up dirt and lint.

Cotton is combined with wool in many fabrics to decrease cost. It adds strength when inexpensive wool fibers are used. Wool and cotton mixtures do not tailor so well as all wool fabrics, but they are warmer than the all-cotton and stronger than a very poor grade of wool fabric.

Remember that wool and cotton shrink differently when wet. If they are not well mixed either in the yarn or in the construction of the fabric, this unequal shrinkage will draw the cloth out of shape when it is laundered or wet by the rain. It is better to have an all-cotton warp and



all-wool filling than a fabric of either of these fibers with a border or occasional stripe of the other. Some good cotton and wool mixtures have yarns made with cotton centers or "cores" covered with wool. Or the wool and cotton fibers may be mixed together before the yarn is spun. Or ply yarns may be used which are made of strands of wool twisted with strands of cotton.

When buying wool and cotton mixtures, be sure to know how much wool is in the fabric. You do not want to pay a wool price for a cloth almost entirely cotton. Trade agreements in some industries (for example, underwear and blankets) require that the percent of wool be labeled on the article. Look for such labels. Most authorities agree that at least 25 percent of the fiber in a wool and cotton mixture should be wool or it will have none of the qualities of a wool fabric.

Many wool fabrics are made with a nap or a pile. A pile fabric has extra yarns standing up from the foundation cloth so that the surface of the fabric is really made up of the ends of these yarns. They must be close together and very firm and strong, because they receive the surface wear given the fabric. They must also be well fastened into the foundation of the cloth. In judging such a fabric, bend it until you can see how close the pile is. Rub the surface so as to get an idea of how firm and durable it will be. See if the pile yarns pull out easily from the fabric.

Napped materials, on the other hand, are made by weaving extra, loosely woven yarns into a fabric and then brushing it until the fiber is pulled up from the yarns to form the nap. The fabric must have plenty of fiber in it or this brushing will weaken the foundation so that it will easily come apart. If the fibers are not long and well twisted into the fabric, the nap will wear off quickly, leaving bare spaces. When buying such a fabric hold it between yourself and the light and notice if the yarns are close together and the fabric firm or if it looks sleazy and loosely woven. Rub the fabric with your fingers. If the nap comes off readily as lint, the material is not a good buy.

## SILKS

Good silk fabrics cannot be made at little cost. Unless they are made of spun silk, cheap ones usually are sleazy or excessively weighted so that they will not last long. Sometimes silk is labeled "Pure dye." This originally meant that the silk was dyed "pure," that is, without weighting. A recent trade practice agreement approved by the Federal Trade Commission forbids the use of this term if the silk contains more than 10 per cent of weighting, or in the case of black silk, of more than 15 per cent.

It is best to test silk by burning a sample. As pure silk burns it gives off the strong odor of burning feathers and leaves only a small amount of ball-shaped ash. If silk is heavily weighted, the ash that remains will have almost the same shape as the original sample. In other words the small amount of silk there is burns away leaving the metallic substances used to make the fabric heavy. Sometimes weighted silk feels harsh and metallic as you handle it. Such fabrics also split and tear easily after a while. An excessively weighted silk garment will even lose strength as it hangs in the closet or lies in the bureau drawer.

If silk is offered at a bargain, tear a little place at the edge. It may be weighted so much that it has tendered since it was first put on the shelf; hence the low cost. That bargain is not a bargain. Spun silk made by spinning short pieces of silk fiber into a yarn, is used particularly in wash silks. Such fabrics cost less money and usually wear well.

## RAYONS

Harsh, stiff rayons are not so satisfactory as the soft, pliable ones. Many soft rayons do not wrinkle and are very useful and inexpensive. Avoid those with fibers which break off and pull out readily. Rayons, especially cheap knitted fabrics made of those fibers, are sometimes heavily weighted with substances which are removed by the first washing, leaving a flimsy, unsatisfactory fabric. Some rayons are very weak when wet and must be washed with great care.

## WHEN BUYING READY-TO-WEAR CLOTHING

Clothing made of durable material may cost more but will wear better and be more economical in the long run. Look at the quality of all the fabrics in the garment you are buying. Notice the width of seams, the stitching, and reinforcements at the places of hard wear. These details show good or bad workmanship. They count as much as style and becomingness toward making the purchase satisfactory. If the garment is made at home, sometimes more durable material and better workmanship can be obtained even if the money cost is the same or a very little less.

Clothing should be fitted so it is comfortable when the wearer is walking and sitting, as well as standing. It must be large enough so it will not be subject to undue strains at the seams. Watch for skimp cutting in bargain counter garments. A simple becoming design, well fitted, will not look out of date as soon as will a more involved and elaborate one. Cheap, conspicuous trimmings soon look tawdry. Light-colored and fragile ones add to the cleaning difficulties and cost of the garment.

## WHEN RENOVATING OR REMODELING CLOTHING

### EXAMINE CLOTHING ON HAND

Check over the clothing you have and make your plans carefully. Consider the clothing needs of the whole family, as adult clothing can oftentimes be reworked to better advantage for smaller members than for its original owner. Examine fashion books for ideas and remember when remodeling clothes that it is not merely a matter of selecting styles that fit the various pieces but the made-over garments should be becoming and well suited to the individuals who will wear them. Be sure that a fabric is worth the time and expense of any new materials which may be needed in remodeling. Also at different places in an old garment, pull the material between your hands to see how strong it is. Look for stains which will not come out, as they may influence the style you select.



## TAKE GARMENTS APART CAREFULLY

If a child's garment is to be cut from an adult's and the pieces will fit easily, save time by cutting apart at seam lines; otherwise rip carefully. On most silks, the best way to do this and not stretch or tear the material is to pull out bits of the stitching first on one side then on the other. On heavy woolens a razor blade or small scissors may be used.

## REMOVE SPOTS AND CLEAN THOROUGHLY

Farmers' Bulletin 1474, "Stain removal from fabrics, home methods," and Farmers' Bulletin 1497, "Methods and equipment for home laundering," give directions for removing stains and washing all kinds of fabrics. When cleaning cottons and linens, first remove all stains that will not come out in laundering; then wash in mild suds. It is best to shake and brush silks and woolens first. Use a soft cloth for silks, a brush for woolens. Remove stains; then clean. Some silk and wool materials can be satisfactorily washed, but test a sample first. Wash gently and quickly in lukewarm suds. Rinse in clear warm water two or three times, then wring between Turkish towels. This hastens drying so that colors are not likely to run. When slightly damp, press on the wrong side with a warm iron.

Send to a commercial dry cleaning establishment the silks and wools that do not wash satisfactorily. Home dry cleaning is dangerous unless a noninflammable and nonexplosive cleaning fluid such as carbon tetrachloride is used. Gasoline, benzine, or cleaners' naphtha are highly explosive and inflammable. A person who uses them at home takes great risks.

## REDYE WHEN NECESSARY

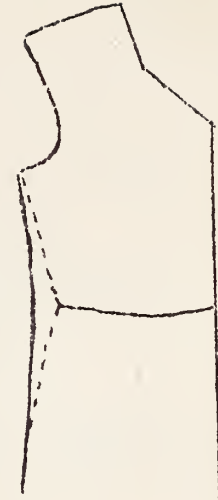
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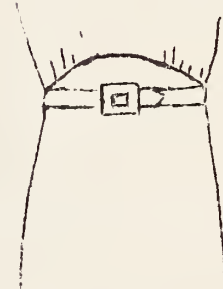


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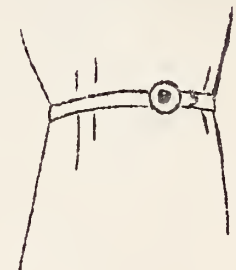
If you have a dress with a loose waistline that seems to drop down on your hips and wrinkle too much under your belt, nip it in by reshaping the side seams of both waist and skirt. Sometimes this calls for extra darts at the bust line, but your mirror will show whether these are needed or not.



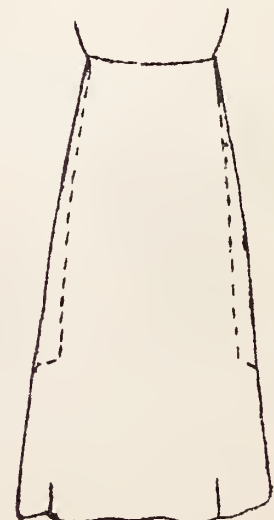
If you don't like to disturb the side seams, then small darts or tucks under the bust may take out enough of the waistline fullness to make it look right. Most old skirts need their side seams reshaped a bit to give the straight closeness that is now fashionable.

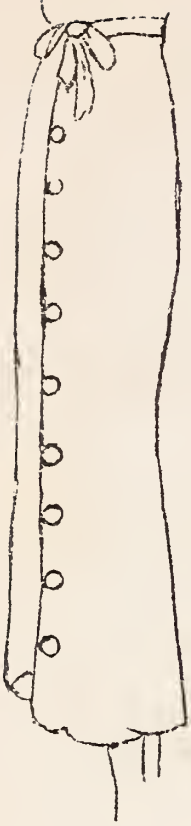


One-piece dresses are somewhat easier to bring up to date. If not close enough fitting, rip open the side seams from the hipline to just below the armseye, then fit in as much as possible. But be careful when doing this, as a one-piece dress tends to roll up just below the back waistline when too closely pulled in at the sides. An interesting pleat, dart, or group of tucks at each side of the back and front are other ways of shaping-in a one-piece dress.

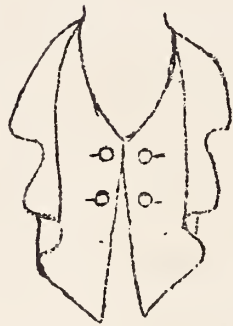


Practically all day-time skirts are straight this year. You may need to straighten yours at the sides, but study fashion books and look at dresses in shops to get an idea of the right amount to take off. Low side pleats or laps are very good now, and they can be made from extra fullness at the bottom of the skirt. Bar both pleats and laps at the top for support.

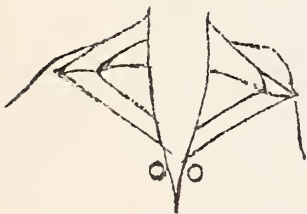
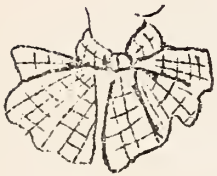




Another way to change an old skirt with plenty of width is to open the left side seam and face both edges. Then lap the front over on the back and fasten all the way down with buttons and loops or buttonholes. The seam on the right side may have to be straightened to keep a slender effect on both sides.



A plain dress of tailored silk or wool can be made to look different each day if you wish. There are many types of neckwear, interesting buttons, and belts. Taffetas, satins, ribbed and quilted fabrics in plain, plaid, dots, or stripes are fashionable this year and in collars, revers, jabots, and vests they freshen dresses that otherwise might seem almost hopeless. Cotton pique is also good, particularly when it has a dainty pattern the same color as the dress. Equally practical and inexpensive is linen. For variety it may be stitched in color, with cuffs to match. But take care to use fast color thread for this stitching.



A yoke made of rows of soutache braid sewed to fine net is a good way of building up a too low neckline; or bias strips of the dress material may be fagotted together to make both a yoke and cuffs.

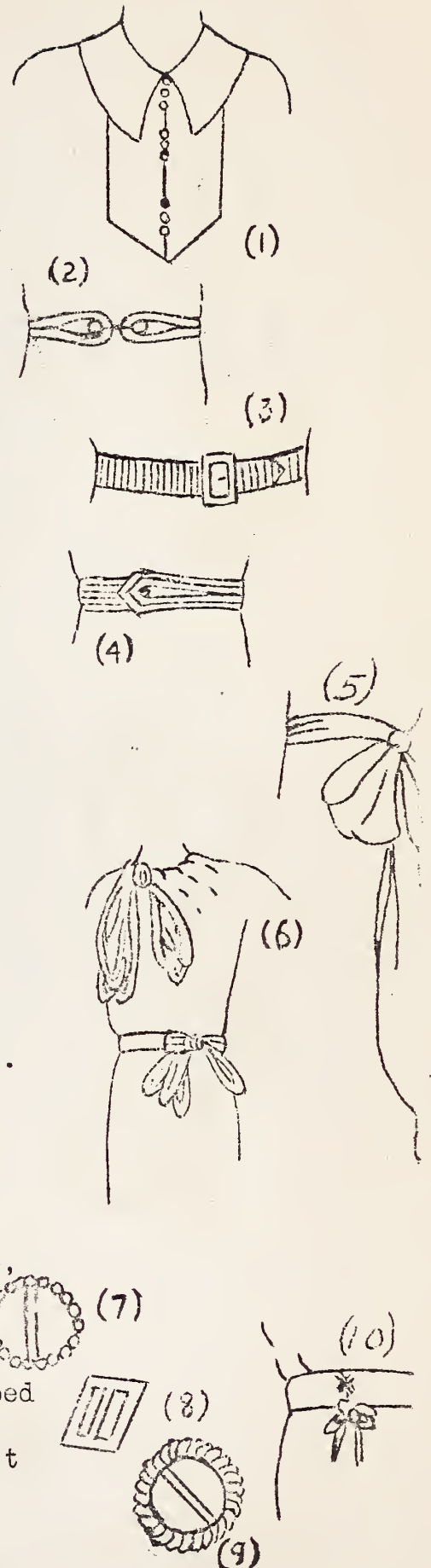
An old dress is sometimes styled so that its front can be replaced with a detachable vestee(1).

New belts may be effective and still cost little. For example, two or three pieces of cable cord can be covered with bias tubing, blindstitched together as in sketch (2), then linked with buttons or pegs at front. Grosgrain ribbon with stiffening in between makes an attractive belt which may be fastened with either a button or buckle (3). Other belts can be made by stitching taffeta or linen, as in sketch (4). Contrasting sashes of plain or plaid material, knotted or tied at the side or front are always good on day-time prints (5).

Narrow bias or straight tubing in either self or contrasting material is a novel finish for the ends of a fabric belt. It can also be used as a neck trim (6).

Buckles, as well as belts, are easy to make at home. An unusual one (7) is simply a buckle mold (such as you can buy wherever buttons and buckles are made to order) covered with a row of very small buttons. An old buckle, useable except for the color, may be covered with the material of the dress (8). Soutache braid tightly wrapped or blanket-stitched around an old buckle (9) makes a belt fastening that is especially good on a dress with other braid trim.

Bias-covered cord laced through the belt ends (10) and tied is a buckle substitute.







Sleeves are not extreme this year, but their styles are still interesting enough to provide ways for fashionable makeovers. Worn-out elbows and lower arms can be worked over as shown in the illustrations. Cuffs to match neckpieces will hide slight wear about the wrists.

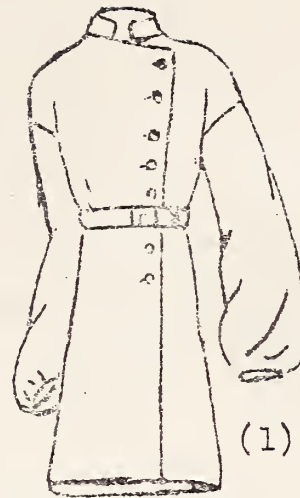


Dresses worn at underarm or pulled across the back may have their sleeves completely replaced with new ones in dolman or raglan style, provided you have enough material left over or can match it. A dull crepe dress can be brought up to date with dolman sleeves of sheer crepe fagotted in, and collar made to match. There are, of course, commercial patterns just for sleeves.

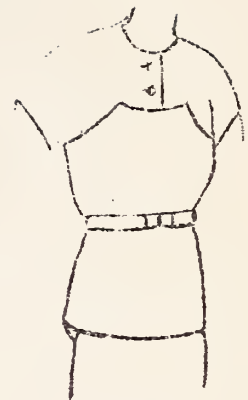
#### WHEN DRESSES NEED LENGTHENING

Tunic dresses are life savers for too-short dresses. Silk tunics can be worn with either silk or wool skirts which may even be make-overs themselves. The tops of these skirts need not be like the lowers that show so you can get them out of a surprisingly small amount of material.

A too-short dress of material suitable for a separate skirt can often be made long enough by using the waist to make a yoke, then wearing the skirt with an overblouse, a tunic (1), or even a blouse and jacket. Or let the skirt down on a yoke, make a peplum (2) of left-over material, and you have a smart two-piece dress. Another simulated two-piece dress has a blouse front and back of contrasting material, with sleeves, belt, and skirt of the old dress (3).



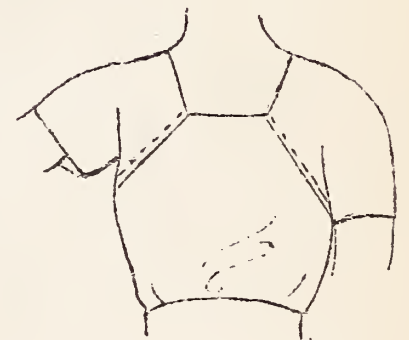
(1)



(2)



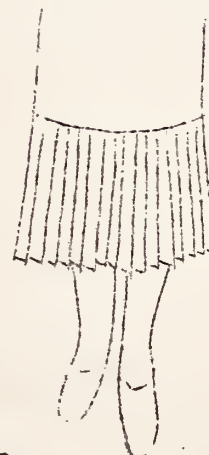
(3)



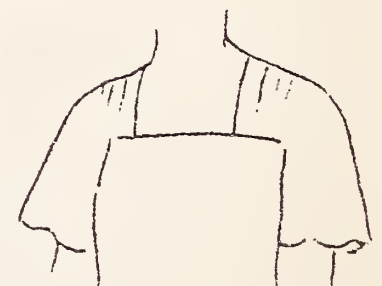
(4)

A too-short dress with kimono sleeves may be lengthened by dropping the waist, and making raglan sleeves of contrasting material (4).

You can turn an old straight tunic into a dress by adding a pleated flounce of left-over material around the bottom (5). A short dress often can be lengthened the same way.

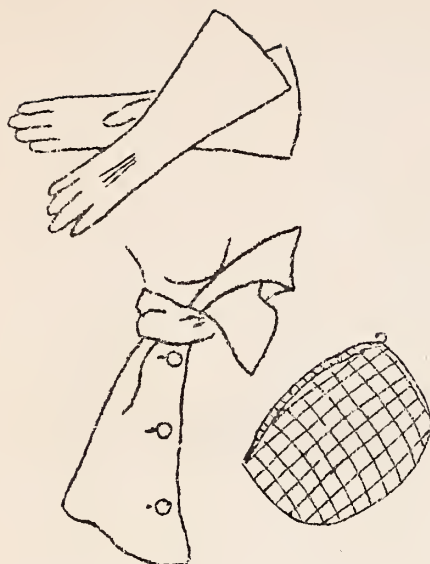


(5)



(6)

Contrasting material such as lace or sheer silk for a new upper (6) of a too-short dull crepe is a way of renovizing a dressy type of dress.



Gloves can now be made at home as there are commercial patterns for them. In case you plan to make other accessories such as bags and scarfs, first make your own patterns and try them in muslin.

#### HAT ECONOMY



Fabric hats may be economies for women who have both the time and the knack for making them. Patterns are available but, even so, it's a good idea to always try them in muslin before cutting into good material. This makes it possible to work in any changes you might like. Silks such as taffeta and crepe are being used in these hats and the trim, if any, is very simple. Bits of cord, oil-cloth, and scraps of leather, also buttons, buckles, and pins, can be arranged to give very smart effects. Go through your box of saved-up findings. Sometimes the most unsuspecting little article will give just the right touch.



Don't worry about hat linings. Unless the inside of your hat is unsightly or is of a material that needs extra body, omit the lining and make a band of either grosgrain or bias silk, turned back once and stitched around the upper edge.

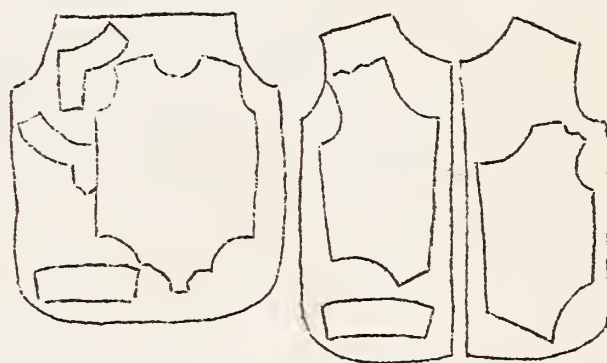


## MAKE-OVERS FOR THE CHILDREN

A summer play suit may be cut from the good parts of some worn garment such as an old seersucker or gingham dress. Bagging, too, can be dyed and used. For the front closing crocheted loops with medium size buttons are convenient. The loops are also easy and quick to make.

From a man's discarded shirt, you can get a tailored romper for the creeping baby. The button-down-the-front style is best, for no other fits in so well with the cut of a shirt. If none of the buttons have been lost you might as well use them again on the romper.

Look over dresses, skirts, and lightweight coats that you might have thought useless. School girls' jumper dresses, and skirts to wear with sweaters can often be made out of them. In the skirts, which are usually pleated, piecings work in easily.

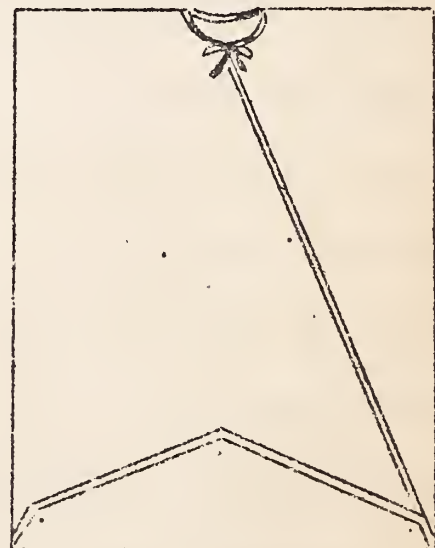
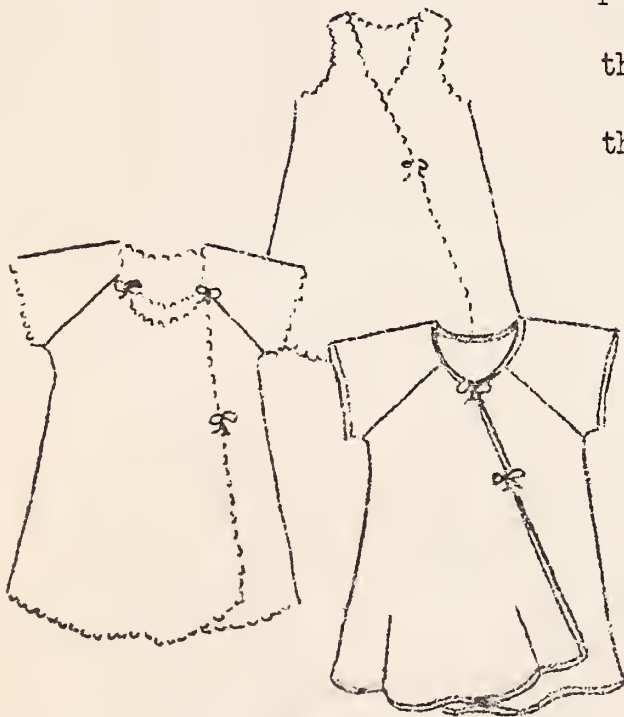




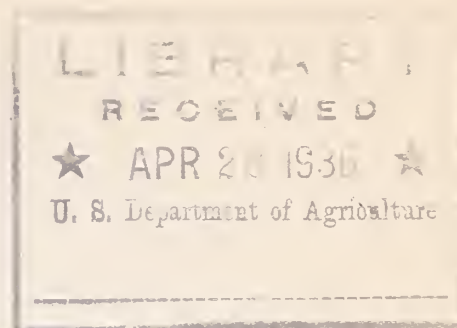
If you have any good looking sacking such as the blue and white crash-like material of salt bags, use it for small boys' suits or for jumper dresses. In either it is surprisingly smart and very practical.

Sugar sacking is good in texture for rompers and for some infants' wear. It has to be very soft of course whenever used for tiny babies.

Sleeping bags can be made from the good parts of old blankets, but be sure you pick the good parts. Weak materials are not worth the time it takes to make them over.







Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

CLOTHING ECONOMIES  
Revised April 1936

Careful planning, wise buying, and good use of materials already on hand all have a place in clothes economies. Before buying new garments, first see what possibilities your old ones have. Oftentimes, old clothing can, with a little thought, time, and care, be made over at practically no expense. And idle materials such as left-overs or bags in which flour, sugar, and salt are bought have many possibilities, particularly for children's clothing. Savings like these help considerably in stretching the family's clothing allowance and enable you to have better clothes with no greater outlay of money.

CLOTHING BUDGETS

The following budgets at three expenditure levels were prepared by clothing specialists of the Extension Service. They are based on records of what farm families have spent on clothing during recent years. They are not recommended clothing budgets but simply show how a little money may be divided to take care of the most important clothing needs of different members of the family.

	Moderate cost budgets 1/ Dollars	Low-cost budgets 1/ Dollars	Very low-cost budgets 2/ Dollars
Mother.....	64	35	26
Girl 15 to 18 years.....	70	44	35
Girl 12 to 14 years.....	48	30	24
Girl 6 to 11 years.....	39	25	16
Girl 1 to 5 years.....	24	21	11
Father.....	56	43	32
Boy 15 to 18 years.....	64	35	30
Boy 12 to 14 years.....	48	33	29
Boy 6 to 11 years.....	41	26	22
Boy 1 to 5 years.....	27	23	14

1/ Suggested clothing budgets for farm families prepared by a committee of clothing specialists of the Extension Service in Eastern States. 1932. Money values adjusted to December 1935 price levels.

2/ Revision of suggested clothing budgets for farm families by Helen Shelby, Extension Specialist in Clothing for Maryland. 1932. Money values adjusted to December 1935 price level.

The success of spending plans of this kind depends not only upon the wise buying and good care of clothing but also upon the skill of the homemaker in sewing and remodeling. Garments of the older members of the family must be handed down and made over for the younger members. Because women's garments can be made satisfactorily at home, the allowances for the women of the family generally run lower than those for the men. The larger amounts for girls and boys of 15 to 18 years of age reflect the interest of young persons at these ages in clothing.

It is difficult to suggest a desirable percentage division of expenditures among the main divisions of the wardrobe, since home sewing and remodeling, as well as the kind, quantity, and quality of clothing selected influence the distribution of expenditures. However, studies of clothing expense records show that persons 15 years of age and over who are spending from \$43 to \$56 per person each year for clothes spend a little more than one-half this amount for outerwear (including coats, suits, and dresses). The same group spends about one-fourth of the total amount for footwear, underwear for women, girls, and small children uses from 10 to 14 percent of the total while for men and boys the amount is about 6 or 7 percent. Headwear takes from 5 to 7 percent of the total. Accessories and upkeep use up the small remainder of from 3 to 8 percent. For children under 15 years of age with clothing expenditures up to \$27, somewhat less than half of that money is spent for outer garments, and about one-third for footwear.

When the total amount spent for clothing is reduced to a very low level, the proportion spent for footwear for adults increases to one-third or more of the total, and for children up to one-half of the total. At the very low expenditure levels, outerwear seems to take from 25 to 40 percent of the available money.

#### WHEN BUYING FABRICS

Most homemakers interested in clothing economics are trying to buy fabrics that will wear well. When you are looking for such materials, first examine the weave. The simpler it is, the more durable the fabric is likely to be. Novelties in weaves, in kinds and sizes of yarns, and in combinations of different fibers are usually poor buys. A plain over-and-under weave with yarns of equal size both ways results in a balanced cloth. Too great variation from this makes for less durable materials. If the yarns one way are heavier than those the other way, the fine yarns may break soon. Uneven yarns also break readily. Heavy places in yarns and heavy cords wear through the finer yarns quickly.

The yarns of a strong, well-made fabric are not easily drawn out of place. Pull the material between your hands and note the strength and the slippage of the yarns. Sleazy fabrics will pull out at the seams and are not



durable. Yarns that are not firmly fastened in the fabric or "float" across a number of yarns will catch and snag easily.

Some fabrics are on bargain counters because they are "seconds." That means they are not perfect. Their flaws may be small or large, important or unimportant. A "second" offered at a lower price is worth buying if its flaws do not decrease the value of the fabric for the particular use you intend to make of it. Examine bargains carefully with this in mind and be sure before you buy. Look for labels or counter cards or ask the clerk if the goods are "seconds."

"Run-of-the-mill" is another term you may see in advertisements or on counter cards. This should mean that the goods are just as they were produced - no sorting has been done to separate the "firsts" from the "seconds." However, sometimes most of such fabrics are not perfect. Look them over with care before you buy.

You will find more labels on fabrics and clothing now than ever before. Read these and use the information they give. Sometimes they tell what fibers the material is made of; often they give valuable facts about the construction of the fabric. Sometimes they warn that special care must be taken in laundering or cleaning the garment. Look for labels that give definite facts. If terms are used that are new to you, inquire their meaning, or better still, borrow a book on textiles from your nearest library and look them up. Do not be misled by general statements on labels which merely say that the fabric is the best or finest one made; these mean nothing.

## COTTONS

Cotton fabrics usually receive hard wear. The points mentioned above should therefore be given special attention when buying these materials. In addition, remember that cottons must be washed. If they will not wash satisfactorily, they are not worth buying. This means the color must be fast and they must not shrink. Fabrics with fast colors cost very little, if any, more than those that fade. Look for a color-fast guarantee on the fabric you are purchasing. If it does not have such a label, take home a sample and wash and iron it. If possible, expose it to the sunlight also for a few days.

You cannot tell whether or not a fabric will shrink merely by looking at it. Sleazy, loosely woven fabrics or those with loosely twisted yarns usually shrink the most but this is not always true. Look for labels telling exactly how much the material you are purchasing will shrink. Many cotton fabrics are now labeled "preshrunk." This means they have been subjected to a shrinkage process but does not guarantee they will not shrink some more when laundered. However, you can expect less shrinkage from such fabrics than from those not so labeled.

Do not buy a cotton fabric that seems to be "filled" or "loaded" with starch, clay and similar substances. This will wash out leaving a sleazy fabric or "gum up" in an unsightly manner. You can sometimes (but not always) detect this excessive sizing by rubbing the material between your hands. It will dust out as a fine powder. Close examination of the fabric will also show that the spaces between the yarns have been filled with chalky-looking substances.

Avoid fabrics with yarns that look as though they had been badly pulled out of place. They may have been overstretched. If so, the cloth will spring back to its original smaller size when washed.

If the fabric has been decorated with printed figures, stripes or checks, be sure the design is with the thread of the material. It is impossible to make a satisfactory, good looking garment out of material with designs not on the "straight" of the goods.

#### WOOL FABRICS

Heavy, board-like wool fabrics are not so warm as lightweight porous ones. Fine soft wool fibers make more attractive fabrics and cost more, but they do not wear so well as the coarser, more sturdy ones. Rough textures of mingled colors wear well but too fuzzy fabrics pick up dirt and lint.

Many wool fabrics are made with a pile or a nap. A pile fabric has extra yarns standing up from the foundation cloth so that the surface of the fabric is really made up of the ends of these yarns. They must be close together and very firm and strong, because they receive the surface wear on the fabric. They must also be well fastened into the foundation of the cloth. In judging such a fabric, bend it until you can see how close the pile is. Rub the surface so as to get an idea of how firm and durable it will be. See if the pile yarns pull out easily from the fabric.

Napped materials on the other hand are made by weaving extra, loosely twisted yarns into a fabric and then brushing it until the fiber is pulled up from the yarns to form the nap. Unless very well made, with long fibers which are firmly fastened into the fabric, the nap wears off quickly, leaving bare spaces. Inexpensive napped fabrics are usually poor buys from the standpoint of durability.

Cotton is combined with wool in fabrics to decrease cost. In some cases it may add strength. However, wool and cotton mixtures do not tailor so well as all wool fabrics and sometimes the color fades and then takes on a dull dingy look. Also remember that wool and cotton shrink differently when wet. If they are not well mixed either in the yarn or in the construction of the fabric, this unequal shrinkage will draw the cloth out of shape when it is laundered or wet by the rain. It is better to have an all-cotton warp and all-wool filling than a fabric of either of these fibers with stripes of the other.



## SILKS

Good silk fabrics cannot be made at little cost. Unless they are made of spun silk, cheap ones usually are sleazy or have been treated with excessive amounts of metallic compounds (called weighting). Such fabrics do not last long. They split and tear easily after awhile and even lose strength as they hang in the closet or lie in the bureau drawer. Sometimes silk is labeled "pure dye." This originally meant that the silk was dyed "pure", that is, without weighting. A trade practice agreement, approved by the Federal Trade Commission a few years ago, forbids the use of this term on labels or in advertising if the silk contains more than 10 percent of weighting, or in the case of black silk, of more than 15 percent. If silks containing more than these percentages of weighting are labeled or advertised as "silk" the word "weighted" must also be added to the description.

You can test silk for weighting by burning a sample. When unweighted silk burns, it gives off the strong odor of burning feathers and leaves only a small amount of ball-shaped ash. If silk is heavily weighted, the ash that remains will have almost the same shape as the original sample. In other words, the small amount of silk there is burns away leaving the metallic substances which have been used to make the fabric heavy. Sometimes weighted silk feels harsh and metallic as you handle it. If silk is offered at a bargain, tear a little place at the edge. It may be weighted so much that it has tendered since it was first put on the shelf; hence the low cost. That bargain is not a bargain.

Fortunately there seems to be some tendency to stop manufacturing these cheap, heavily weighted silks and to sell synthetic fabrics instead in the lower price ranges. Spun silk made by spinning short pieces of silk fiber into a yarn is used, particularly in wash silks. Such fabrics also cost less money and usually wear well.

## SYNTHETIC FABRICS

There are many rayons and other synthetic materials now on the market which are attractive, durable and inexpensive. These formerly were called "artificial silks" but that term is no longer commonly used. Some are made of a substance known to chemists as "cellulose acetate" and are often called "acetates" for short. Many of the synthetic fabrics have been given trade names which are confusing. Those for the cellulose acetate fabrics usually contain a syllable of the word "acetate" or sound something like that term.

"Staple" rayon, a new synthetic fiber which has recently come on the market is made by cutting up the rayon filament into short lengths and spinning it into yarns. This gives a different effect to the finished fabric. Such fibers and the other kinds of synthetics are used alone in fabrics or



mixed with each other or any of the other textiles such as wool, cotton or linen.

When buying synthetic fabrics choose those that are soft and pliable and have the fabric properties of good cotton materials (see Cottons page 3). Always wash such materials carefully, since in some cases, they are weak when wet and may tear easily. Acetate fabrics will melt if ironed with a very hot iron. Use one of medium temperature or test your iron on a hidden part of the garment first.

#### WHEN BUYING READY-TO-WEAR CLOTHING

Clothing made of durable material may cost more but will wear better and be more economical in the long run. Look at the quality of all the fabrics in the garment you are buying. Notice the width of seams, the stitching, and reinforcements at the places of hard wear. These details show good or bad workmanship. They count as much as style and becomingness toward making the purchase satisfactory. If the garment is made at home, sometimes more durable material and better workmanship can be obtained even if the money cost is the same or a very little less.

Clothing should be fitted so it is comfortable when the wearer is walking and sitting, as well as standing. It must be large enough so it will not be subject to undue strain at the seams. Watch for skimp cutting in bargain counter garments. A simple becoming design, well fitted, will not look out of date as soon as will a more involved and elaborate one. Cheap, conspicuous trimmings soon look tawdry. Light-colored and fragile ones add to the cleaning difficulties and cost of the garment.

#### WHEN RENOVATING OR REMODELING CLOTHING

Check over the clothing you have and make your plans carefully. Consider the clothing needs of the whole family, as adult clothing can oftentimes be reworked to better advantage for smaller members than for its original owner. To be true clothes economies, make certain that the garments or the materials are really worth making over. Don't spend time and money on fabrics that have become weakened with age and use or are so badly worn that they will not last a reasonable length of time. At different places in an old garment, pull the material between your hands to see how strong it is. Look for stains which will not come out, as they may influence the style you select. And whenever an additional outlay of money is required, consider whether or not the resulting garment would actually be worth it to you. For example, last year's Sunday dress may be dated by a draped neckline, let us say. But the material is perfectly good and with a little work you can transform it into a very usable second-best.

While going through the scrap box in search of material for your planned make-over, see what else you have that could be put to good use.

Maybe you will find a gay print that harmonizes with the dark plain fabric of an old dress. Look at fashion books and work out your idea in line with the size of pieces that you have. Collars, cuffs, sashes, or pleated insets - depending on the style you have - are all ways of giving a new touch to an old frock. And if you should not have any prints, but some sizable pieces of taffeta, pique, or organdie - these too are very popular this season.

Your make-overs will probably call for a few accessories - either buttons or buckles. So while you are taking stock of what you have, go through the button box and see if you have old buckle frames that can be re-covered. Knowing how to make those little "dressmaker" touches is a great help when exercising little economies and covering up the fact that clothes are make-overs. For after all, no made-over garment can be a real success if it looks like a made-over.

Bias tubing has endless possibilities. It can be stitched any width you like depending on the use you will make of it. Very narrow, it makes neat loop fastenings; wider, and with rows fagotted together, it can be made into collars, cuffs, and trimming bands. Or frogs may be made of either bias tubing or braid and for the simple designs, you will not even need a pattern.

For the children, what about using the good parts of your old house dresses and then father's old shirts to make some sun suits that will give no little pleasure and comfort when hot days arrive? Seersuckers are excellent for this as they do not have to be ironed, and shirting will be sturdy enough for the boys. And should the good parts of these cast off clothes be somewhat limited, you can still make them do by putting net tops on the suits. That also has its advantages as the suits will be cooler.

The men's shirts have still other possibilities. If not too badly worn, they will make tailored rompers for babies or neat little short sleeve blouses for growing school girls to wear with their jumper dresses.

#### TAKE GARMENTS APART CAREFULLY

If a child's garment is to be cut from an adult's and the pieces will fit easily, save time by cutting apart at seam lines; otherwise rip carefully. On most silks, the best way to do this and not stretch or tear the material is to pull out bits of the stitching first on one side, then on the other. On heavy woollens a razor blade or small scissors are useful.



## REMOVE SPOTS AND CLEAN THOROUGHLY

Farmer's Bulletin 1474, "Stain removal from fabrics; home methods," and Farmer's Bulletin 1497, "Methods and equipment for home laundering," give directions for removing stains and washing all kinds of fabrics. When cleaning cottons and linens, first remove all stains that will not come out in laundering; then wash in mild suds. It is best to shake and brush silks and woolens first. Use a soft cloth for silks, a brush for woolens. Remove stains; then clean. Some silk and wool materials can be satisfactorily washed, but test a sample first. Wash gently and quickly in lukewarm suds. Rinse in clear warm water two or three times, then wring between Turkish towels. This hastens drying so that colors are not likely to run. When slightly damp, press on the wrong side with a warm iron. Some synthetic fabrics are weak when wet and must be handled carefully. A few are easily melted and must be pressed with a moderately warm, not hot, iron.

Send to a commercial dry cleaning establishment the silks and wools that do not wash satisfactorily. Home dry cleaning is dangerous unless a non-inflammable and nonexplosive cleaning fluid, such as carbon tetrachloride, is used. Gasoline, benzene, or cleaner's naphtha are highly explosive and inflammable. A person who uses them at home takes great risks.

## REDYE WHEN NECESSARY

You can often freshen faded and dull clothes and make them wearable again by redyeing them. Decide on the very best color to use, buy the right kind of dye for the kind of fiber in the garment, and follow carefully the directions on the dye package.

It is usually easier to dye a fabric a deeper shade of the original color than to change the color. However, dark colors will successfully cover most dyes already on the fabric. In selecting the dye, remember that some dyes are intended for cotton only, others just for silk or wool. Only those labeled "all-fabric" dyes can be used with all fibers. Also there are some preparations intended only for tinting. They can be applied quickly, but the color is not permanent and retinting must be done often. Much of the success in dyeing depends on having plenty of water to cover the fabric, or constantly stirring and turning it in the dye bath, and on thoroughly rinsing it in large quantities of water.



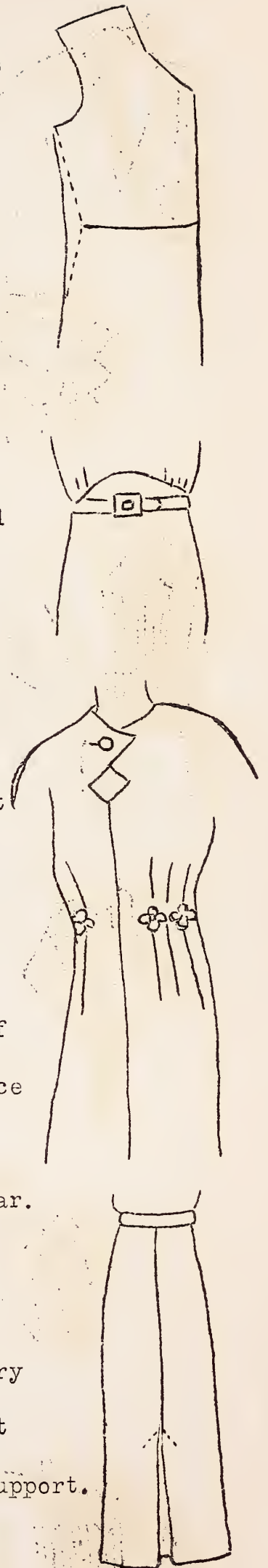
# SLIGHT CHANGES TO BRING GARMENTS UP-TO-DATE

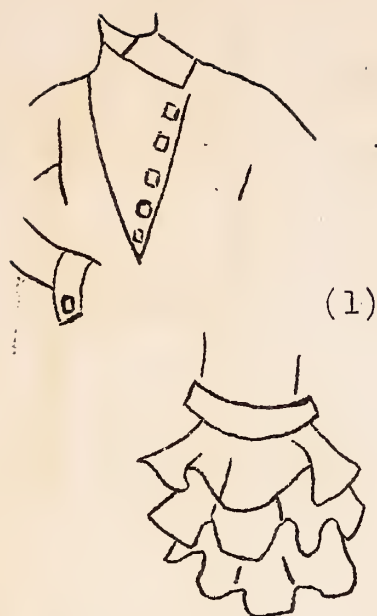
If you have a dress with a loose waistline that seems to drop down on your hips and wrinkle too much under your belt, nip it in by reshaping the side seams of both waist and skirt. Sometimes this calls for extra darts at the bust line, but your mirror will show whether these are needed or not.

If you don't like to disturb the side seams, then small darts or tucks under the bust may take out enough of the waistline fullness to make it look right. Most old skirts need their side seams reshaped a bit to give the straight closeness that is now fashionable.

One-piece dresses are somewhat easier to bring up-to-date. If not close enough fitting, rip open the side seams from the hipline to just below the armseye, then fit in as much as possible. But be careful when doing this, as a one-piece dress tends to roll up just below the back waistline when too closely pulled in at the sides. An interesting pleat, dart, or group of tucks at each side of the back and front are other ways of shaping-in a one-piece dress.

Practically all day-time skirts are straight this year. You may need to straighten yours at the sides, but study fashion books and look at dresses in shops to get an idea of the right amount to take off. Low front pleats are very good now, and they can be worked in from extra fullness at the bottom of the skirt. Bar the pleats at the top for support.



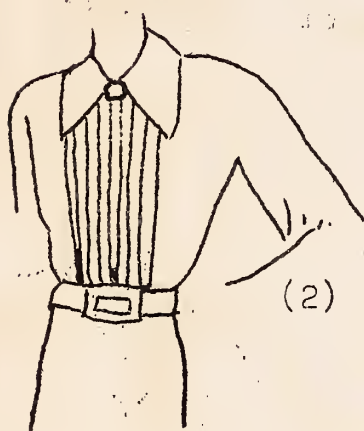


(1)



A plain dress of tailored silk or wool can be made to look different every day if you wish. There are many types of neckwear, interesting buttons, and belts.

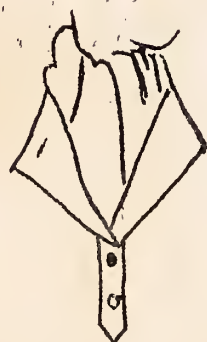
Crepes, novelty fabrics, taffetas, and satins in plain, prints, or plaid are fashionable this year, and in collars, revers, jabots, and vests (1) they freshen dresses that otherwise might seem almost hopeless. Cotton pique and linen are also practical and inexpensive.



(2)



Two gilets, one tailored of crepe, and another of matching satin or a print, will transform a plain frock into two smart and entirely different costumes. (2)



(3)



An Ascot tie or a triangular scarf in a contrasting print will brighten a street dress. (3)



(4)



An old dress is sometimes cut so that its front can be replaced with a detachable vestee of pique or tucked linen. (4)

For dressy occasions, colorful flowers, a pair of bright clips, or beads looped through buttonholes, will add a formal touch to an otherwise simple frock. (5)



New belts may be effective and still cost little.

For example, two or three pieces of cable cord can be covered with bias tubing, blindstitched together as in sketch (1), then linked with buttons or pegs at front.

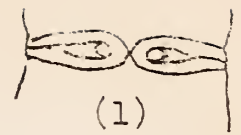
Grosgrain ribbon with stiffening in between makes an attractive belt which may be fastened with either a

button or buckle. (2) Other belts can be made by stitching taffeta or linen, as in sketch (3). Contrast-ing sashes of plain or printed material fringed across the ends and knotted or tied at the side or front of the waist are good on daytime dresses. (4)

Narrow bias or straight cut tubing in either self or contrasting material is a novel finish for the ends of a fabric belt. (5) Several rows of bias-covered cord, tacked around the neck and tied in loops at the front, make a nice finish; (6) a belt can be made to match. (7) Twisted cord with tassel or pompon ends can

also be used to lace up the front and skirt of a dress. (8)

Buckles, as well as belts, are easy to make at home. An unusual one is simply a buckle mold covered with a row of very small buttons. (9) An old buckle, usable except for the color, may be covered with the material of the dress. (10) Two buckles, made of bias-covered cord to match the colors of the dress, give a smart touch of contrast to a dark belt. (11)

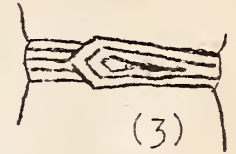


11.

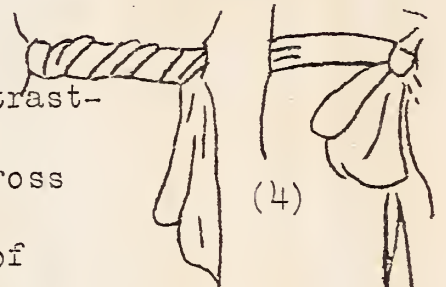
(1)



(2)



(3)



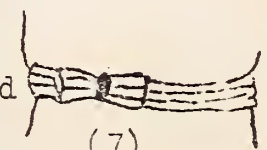
(4)



(5)



(6)



(7)



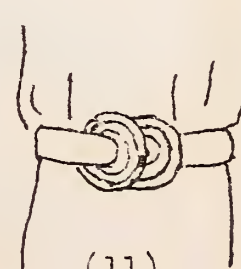
(8)



(9)

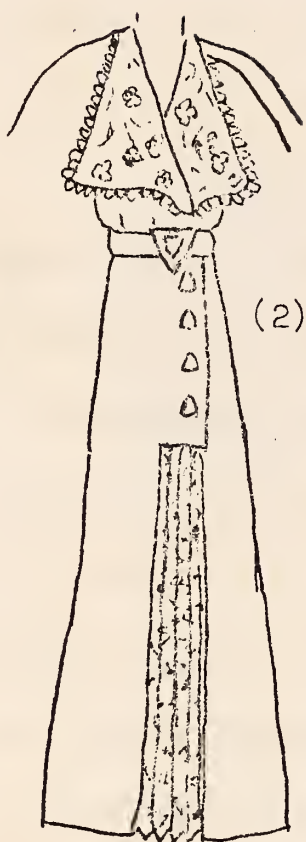
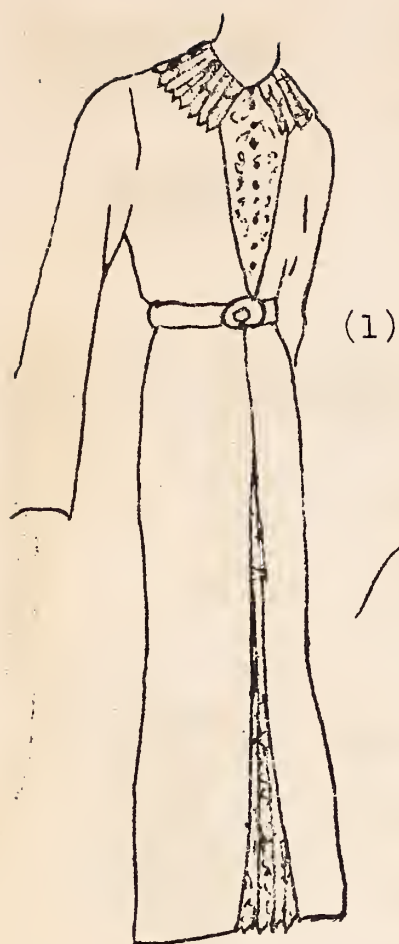


(10)



(11)





Prints combined with plain material are very good this year, so if you have an old print dress (particularly one with a dark background) you may be able to use it smartly with a plain dress of matching dark or neutral color. If the print dress is much worn, perhaps the good parts can be used for a vestee and skirt pleats. (1) Or it may be combined with the plain dress in such a way as to simulate a redingote. (2) One of the new blouses, or perhaps a tunic, may also be fashioned out of left-over or old material. (3)

A vestee and matching belt can be made out of just a small amount of material. (4)

A tailored dress may be brought up-to-date by opening it down the front and inserting a contrasting panel, with a matching collar. (1) Or loose panels of contrasting material may be sewed down the center front of the dress to give a redingote effect. (2)



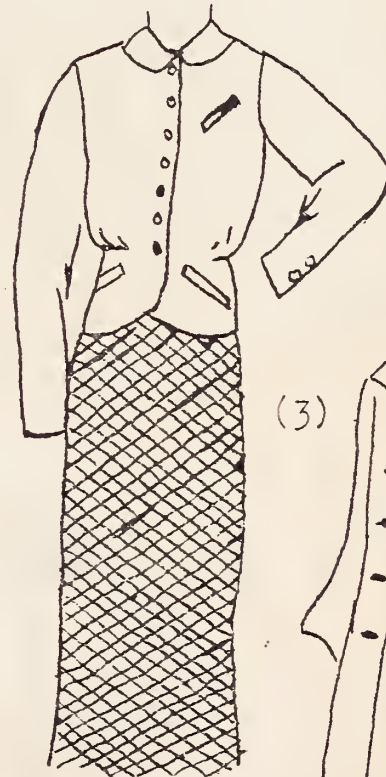
(1)

An extra skirt to go with the jacket suit, made of a material that contrasts by stripes, checks, or color, will give you two suits instead of one. (3)



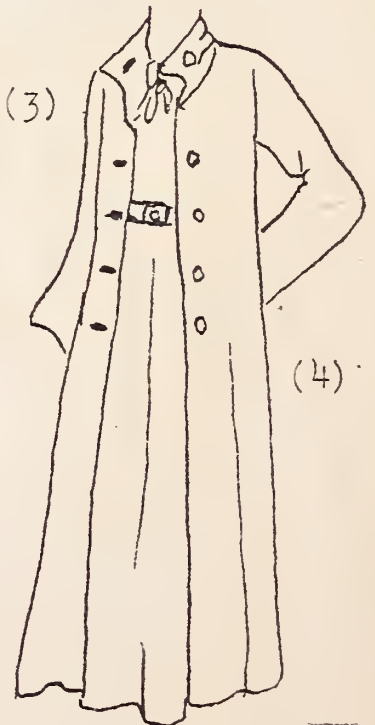
(2)

If you have a swagger coat or perhaps a tailored one, you may want to "ensemble" it this year by making a skirt and blouse, a sheer wool dress, or a print dress in matching or harmonizing color. (4)



(3)

Separate blouses, of the sports, tailored, and more dressy varieties, will make several different costumes with one plain skirt of neutral color. (5)



(4)



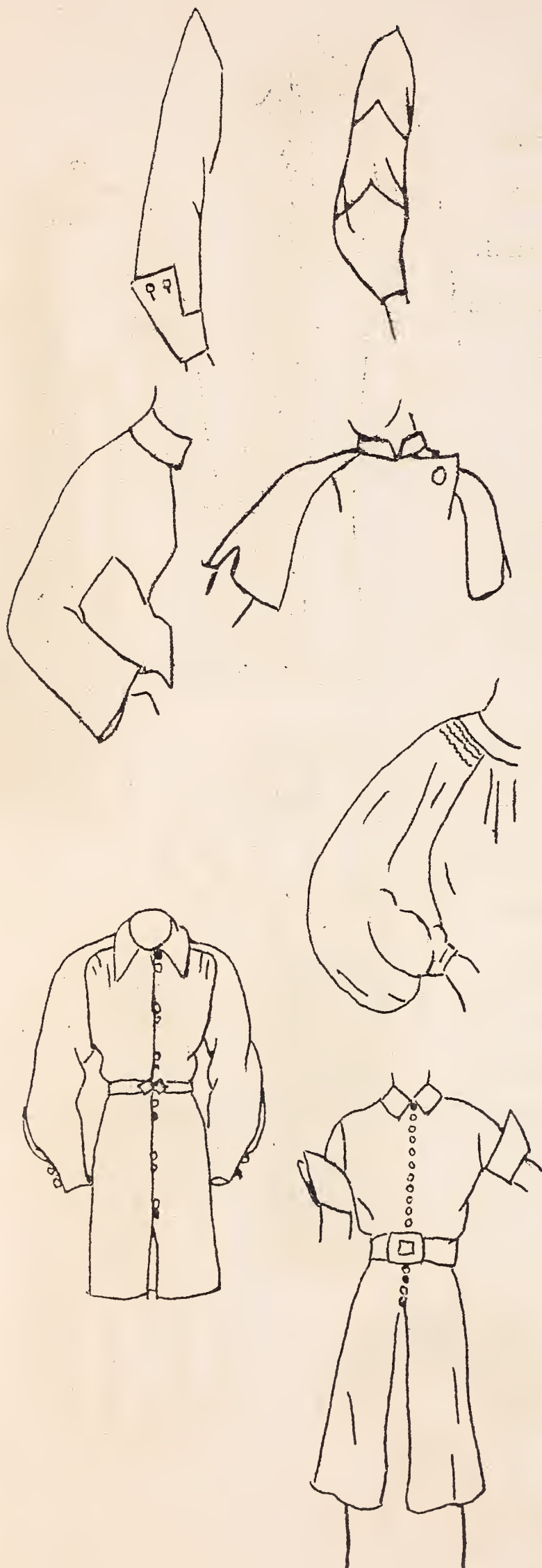
(5)

Sleeves are not extreme this year, but their styles are still interesting enough to provide ways for fashionable make-overs. Worn-out elbows and lower arms can be worked over as shown in the illustrations. Cuffs to match neckpieces will hide slight wear about the wrists.

Dresses worn at underarm or pulled across the back may have their sleeves completely replaced with new ones in dolman or raglan style, provided you have enough material left over or can match it. A dressy frock may have new full sleeves of a matching sheer. There are, of course, commercial patterns just for sleeves.

#### WHEN DRESSES NEED LENGTHENING

Tunic dresses are life-savers for too-short dresses. Silk tunics can be worn with either silk or wool skirts which may even be make-overs themselves. The tops of these skirts need not be like the lowers that show, so you can get them out of a surprisingly small amount of material.





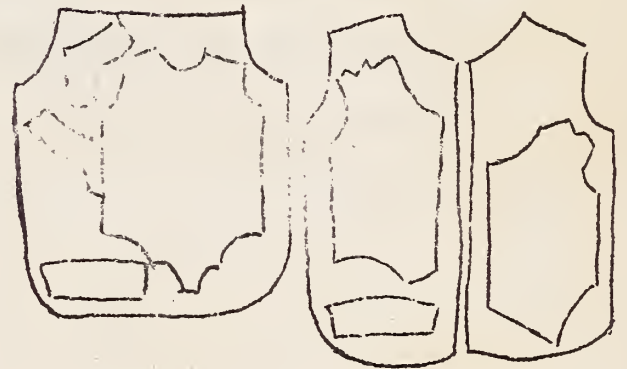
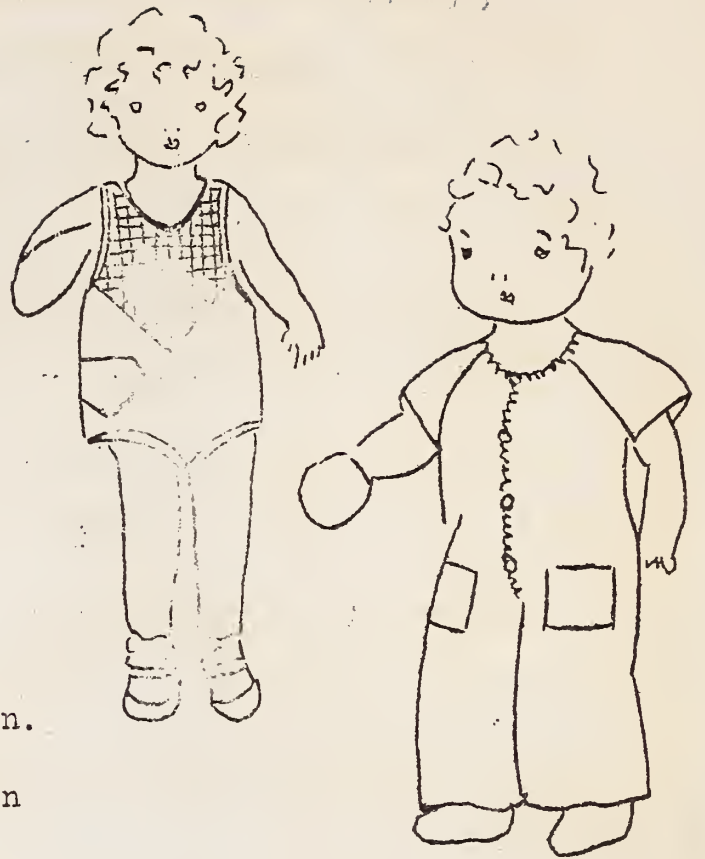
## MAKE-OVERS FOR THE CHILDREN

A summer play suit may be cut from the good parts of some worn garment such as an old seersucker or gingham dress. Bagging, too, can be dyed and used. For the front closing crocheted loops with medium size buttons are convenient. The loops are also easy and quick to make.

You can make a practical biassun suit too, from an old dress of firm cotton. The upper front and back may be of curtain marquisette, or the garment may be cut from one material.

From a man's discarded shirt, you can get a tailored romper for the creeping baby. The button-down-the-front style is best, for no other fits in so well with the cut of a shirt. If none of the buttons have been lost you might as well use them again on the romper.

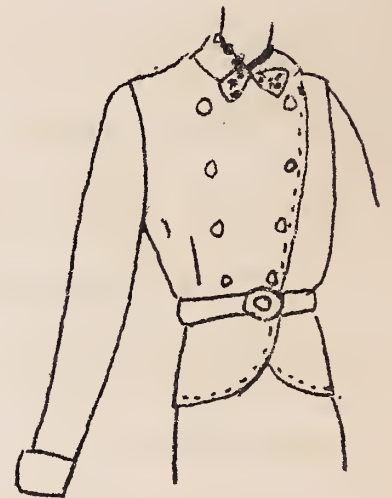
Look over dresses, skirts, and lightweight coats that you might have thought useless. School girls' jumper dresses, and skirts to wear with sweaters can often be made out of them. In the skirts, which are usually pleated, piecings work in easily.



A too-short dress of material suitable for a separate skirt can often be made long enough by using the waist to make a yoke, then wearing the skirt with an over-blouse, a tunic, or even a blouse and jacket. Or let the skirt down on a yoke, make a peplum of left-over material, and you have a smart two-piece dress.



Contrasting material such as lace or silk for a new upper of a too-short dull crepe is a way of renovating a dressy type of dress.



A too-short dress with kimono sleeves may be lengthened by dropping the waist, and making raglan sleeves of contrasting material.



A dress can be lengthened slightly by adding a pleated flounce of left-over material around the bottom. A pleated collar will further bring the dress up-to-date.

